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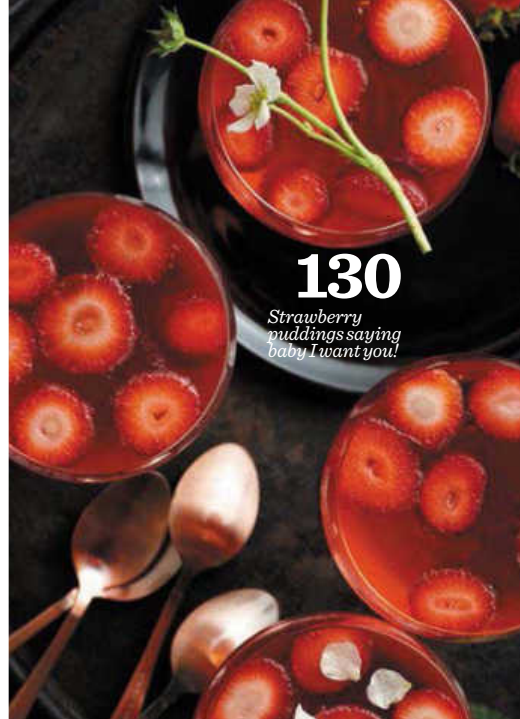
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CLOCKWISE FROM TOP LEFT: CAMERON McDONALD, MICKY HOYLE, GARRETH BARCLAY

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LET IT GO

Argh, you know what it's like. You work hard all year and then for one divine, utterly life-affirming couple weeks, you let it all go. It starts with a Christmas party – you know the one: end-of-term feeling in the air; Champagne on ice – and it ends with a groan and a hastily scrawled resolutions list four weeks later.

Well, not this year, my friends! We've taken a great big understanding nod to the fact that you're going to want to work it this month – without actually working it. See what we did there? Beyoncé would approve.

Shelve feeling guilty about Christmas pud and not getting to a gym on your annual vacay... We enlisted some of our fave #FitFam bloggers from *Wellness in the City* to trial a whack of holiday routines so that when you decide to go for that beach walk you can amplify it for max kilojoule-torching, or when you hit the pool, you can actually get some ab-crunching benefits in too. We think it's pretty smart that you can swim, hike and jog your way into 2016 and, better still, that you can volleyball and dance your way in the same direction (although we draw the line at Frisbee).

Fortunately, once our food ed, Amy Rankin, got wind of our good intentions, she decided she had to follow suit with a festive menu. Cue a killer line-up

of cocktail canapés and holiday feasts that are free of, well, everything bad and packed full of everything good. Thanks to a recent trend talk in New York, we're now cheekily calling this #AllergicChic in the office, since the "free from" movement is gaining more and more traction – but more on that next month in our first issue of 2016.

Fashion and beauty are usually the editors I turn to when I'm in need of a little hack. Quite rightly, in the world of fashion, nothing solves a problem quite like black (I've never turned to a floaty, boho, floral maxi dress in my hour of need and I know I never will!) and fashion ed, Mari Groenewald, has given this ultimate party colour a searingly sexy update that'll show off whichever bit of your beautiful body you're most proud of. Even if it's just your ankles and your earlobes!

So, join me and the rest of the team with a celebratory slice of fruit cake (wheat-free, dairy-free, sugar-free, gluten-free, low-carb... Yes really! Check out page 30) and get yourself on holiday!

Danielle

DANIELLE WEAKLEY
Editor

@DanielleWeakley @danweakley



PS: If you need holiday reading beyond this issue (say what?!), I'll be catching up on some 2015 faves, like *The Luckiest Girl Alive* by Jessica Knoll. Our cover girl, Reese Witherspoon, has already optioned the rights to produce the film. See what else she's up to – and what's on her reading list – on page 34.

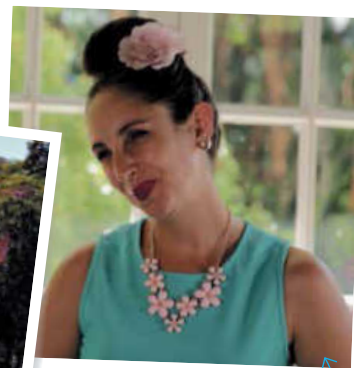
What the team did this month at WomensHealthSA.co.za

GET TO SEE THE INSIDE OF THE TEAM'S FRIDGES! EEEP! @GOTANGOMA MADE US!



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CHRISTMAS WISH LIST
Here's what the WH team wants to find under their tree this year.



EDITOR
Danielle Weakley
(danielle.weakley@media24.com)

If this picture needs explaining, then we can no longer consider ourselves friends.



CREATIVE DIRECTOR
Robert Cilliers
(robert.cilliers@media24.com)

An Origo side table in copper.



ASSISTANT EDITOR
Wanita Nicol
(wanita.nicol@media24.com)

Trail-running shoes. In 2016 I'd like to take my running off-road.



MANAGING EDITOR
Susan Barrett
(susan.barrett@media24.com)

A new tent – one that doesn't get flattened by a breeze please!

FEATURES



FEATURES EDITOR
Kirsty Carpenter
(kirsty.carpenter@media24.com)

I'm dying for a Nutribullet!



SENIOR FEATURES WRITER
Gotthokwang Angoma-Mzini
(gangoma@media24.com)
A lifetime free membership at my new fave gym: Roark.



SENIOR COPY/FOOD EDITOR
Amy Rankin
(amy.rankin@media24.com)
I want a spiraliser – seriously! And S.W.E.A.T. 1000 vouchers.

BEAUTY



BEAUTY EDITOR
Anja Joubert
(anja.joubert@media24.com)
A ticket to Tokyo in springtime.



FASHION EDITOR
Mari Groenewald
(mari.groenewald@media24.com)
Oscar Juicer DA1000. I'm begging, please!



FASHION ASSISTANT
Marilize Uys
(marilize.uys@media24.com)
A leather backpack.

FASHION

ART



SENIOR DESIGNER
Michelle von Schlicht
(mvonschlicht@media24.com)
The Scarlet 3 beach cruiser in mint green.



SENIOR DESIGNER
Leigh Cann
(leigh.cann@media24.com)
Four Pincushion Protea scatter cushions from Skinny La Minx.

ASSISTANT



EDITORIAL ASSISTANT
Michelle October
(michelle.october@media24.com)
A loooong vacation right here. (If they have WiFi, I'll just move there.)

WOMENSHEALTHSA.CO.ZA



DIGITAL EDITOR
Thamar Houliston
(thamar.houliston@media24.com)
I'd love the GoPro Hero4 for all my adventures in 2016.



ASSISTANT DIGITAL EDITOR
Joy Niemack
(joy.niemack@media24.com)
Cute new gym clothes!

CONTRIBUTORS Nafisa Akabor, Garreth Barclay, Tudor Caradoc-Davies, Meg Cassidy, Sarah Duff, Becky Fletcher, Jennifer Goldbeck, Kate Graham, Stuart Heritage, Micky Hoyle, Malia Jacobson, Charlotte Jolly, Renee Loux, Roopika Malhotra, Cameron McDonald, Mara Miller, Travys Owen, Lisa Shin, Lucy Vine, Nadia von Scotti, Matthias Vriens-McGrath

SHARED SERVICES PRODUCTION MANAGER (HEALTH AND SPORT) Kerry Nash
ADVERTORIAL COORDINATOR Amy Mostert IN-HOUSE PHOTOGRAPHER James Garaghty
ONLINE PROJECT MANAGER Rochelle De Beer (rochelle.debeer@media24.com)

PUBLISHING MANAGER Francois Malan
021 408 1228 (francois.malan@media24.com)

MARKETING AND PUBLIC RELATIONS
MARKETING AND EVENTS COORDINATOR Richard D'Aguiar
021 408 1242/079 434 3433 (richard.daguiar@media24.com)

ADVERTISING SALES
JHB: Kylee Robertson 011 322 0799/076 263 9114 (kylee.robertson@media24.com)
Kathryn Molyneux (Booth) 011 217 3197/083 395 3442 (kathryn.molyneux@media24.com)
CT: Myles Kelsey 021 443 9475/082 613 8498 (myles.kelsey@media24.com)
Lameez Raizenberg 021 408 3960/082 909 9696 (lameez.raizenberg@media24.com)
Hannes Burger 021 408 3078/076 152 4605 (hannes.burger@media24.com)

MEDIA24 CENTRAL SALES
HEAD OF SALES: BUSINESS DEVELOPMENT
Yvonne Shaff 021 443 9812 (yvonne.shaff@media24.com)
ACTING HEAD OF ADVERTISING SALES: Craig Nicholson
011 322 0776 (craig.nicholson@media24.com)
DBN: Theresa Lavery 031 566 2442 (theresa.lavery@media24.com)

MEDIA24 MAGAZINES DIGITAL
CPT: 021 468 8299; JHB: 011 993 8050; DBN: 021 468 8070
(info@spacemail.co.za)

GENERAL MANAGER, LIFESTYLE Charlene Beukes
CFO, LIFESTYLE Raj Lalbahadur
GENERAL MANAGER, LEISURE Louise Meny-Gibert

CIRCULATION SALES AND SOLUTIONS
HEAD OF CIRCULATION Gadija Gamieldien
HEAD OF RETAIL Andreine van Tonder 021 408 3936
CIRCULATION MANAGER Riaan Weyers 021 443 9964
SUBSCRIPTION MANAGER Jenny Marinus (jenny.marinus@media24.com)
PRODUCT MANAGER George van Biljon 021 443 9824

FOR ANY QUERIES, PLEASE PHONE 021 406 2121;
SUBSCRIPTION ENQUIRIES: TEL: 087 740 1039,
FAX: 086 457 5943; EMAIL: WOMENSHEALTH_SUBS@MEDIA24.COM
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RODALE PRESS INC, 33 EAST MINOR STREET,
EMMAUS, PENNSYLVANIA, 18098, USA

SENIOR VICE PRESIDENT, RODALE INTERNATIONAL, BUSINESS DEVELOPMENT AND PARTNERSHIPS Robert Novick
EDITORIAL DIRECTOR, RODALE INTERNATIONAL/DIRECTOR OF CONTENT, RIGHTS AND PHOTO OPERATIONS John Ville

EDITORIAL
DEPUTY EDITORIAL DIRECTOR, WOMEN'S HEALTH Laura Ongaro
EDITORIAL DIRECTOR, RUNNER'S WORLD, BICYCLING, PREVENTION & INTERNATIONAL BRANDED BOOKS Veronika Taylor
SENIOR CONTENT MANAGER Karl Rozemeyer
ASSOCIATE EDITOR Samantha Quisgard
EDITORIAL ASSISTANT Natanya Spies

BUSINESS
EXECUTIVE DIRECTOR, BUSINESS DEVELOPMENT AND GLOBAL LICENSING Kevin LaBonge
DIRECTOR, BUSINESS DEVELOPMENT AND GLOBAL LICENSING Angela Kim
DIRECTOR, GLOBAL MARKETING Tara Swansen
INTERNATIONAL FINANCE MANAGER Michele Mausser
ADMINISTRATIVE ASSISTANT Shoi Greaves

GLOBAL EDITIONS / EDITORS-IN-CHIEF
AUSTRALIA Felicity Harley
BRAZIL Angélica Banhara
CHILE Francisca Bertran
CHINA Jay Cong
CROATIA Slavica Josipović
GERMANY Wolfgang Melcher
GREECE Athinais Nega
INDIA Sanghamitra Chakraborty
INDONESIA Pangesti (Chichi) Atmadibrata Bernardus
LATIN AMERICA (COLOMBIA, COSTA RICA, DOMINICAN REPUBLIC, EL SALVADOR, GUATEMALA, HONDURAS, MEXICO, NICARAGUA, PANAMA, PERU, PUERTO RICO, VENEZUELA) Lorena Pontones
MIDDLE EAST Yi-Hwa Hanna
NETHERLANDS Annette Lavrijen
POLAND Aneta Martynow
PORTUGAL Cristina Mitre Aranda
RUSSIA Maria Troitskaya
SOUTH AFRICA Danielle Weakley
SPAIN Cristina Mitre Aranda
SWEDEN Marie Kjellnäs
THAILAND Nitra Kitiyakara
TURKEY Sibel Yeşilçay
UNITED KINGDOM Farrah Storr
VIETNAM Nguyen Hong Thu

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We Hear You!

WINNING LETTER

Who needs gym?

In November 2013 my husband booked me a massage for my birthday. We took photos and there was one specific picture that gave me a wake-up call.

I weighed 118kg. My skin was terrible! I used to get tired for no reason... And I had high blood pressure.

I loved cooking – a lot! Hearty meals with plenty of fat and sugar... After looking at those pics, I decided to join a gym in February 2014. I started seeing an improvement in my weight. That April, I quit the gym, because it was always packed! The best decision I ever made was to subscribe to *Women's Health* magazine and the newsletters. I don't go to gym, but the 15-minute workouts, free DVDs, healthy eating plans and outdoor exercises helped me a lot. Reading motivational stories and following WH on Instagram have guided me on my journey. I am happily weighing 81kg – much closer to my goal weight! Thank you so much!

– Precious Mongalo, Rustenburg

Self-sufficient

Your article "Population: One" in the October issue had me snorting with laughter – like one who lives alone can laugh however hysterically she pleases, which is exactly what I do.

You see, I've been living on my own in a lovely security complex for the past two years and can happily report on my neighbour's favourite TV shows, admit to mastering the art of asking and taking my own advice and enjoying countless Sundays of shamelessly binge-watching my

favourite series without ever getting out of the house, let alone my PJs.

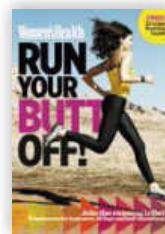
I've also mastered the art of spoiling myself with a delicious and healthy home-cooked meal every night, fighting unwelcome critters à la Super Girl and learning to love and appreciate my own company – all of which have resulted in a strong, independent woman. A *Women's Health* woman.

Thank you WH for being my go-to gal pal during those evenings when friends are far and crazy complex cats near; for supporting,

promoting and celebrating real, healthy, strong and fun-loving women from all walks of life. – Juanita Fourie, Bloemfontein

Change of pace

I bought my first *Women's Health*



in September. I was challenged to change my thinking, eating plan and even my jogging. I was very happy when I bought my October issue because of the "Run Your Butt Off" booklet. It changed the way I run. – Bongy Maseko, Pretoria

New direction

My fiancé has always been an avid *Men's Health* reader and has made a resolution to be fit and healthy and live a more holistic lifestyle.

The inspiration that the magazine has brought out in him is amazing and it got me thinking that I should probably make a few lifestyle changes of my own.

I recently purchased the *Women's Health* mag and I absolutely love it – I now see why my fiancé has been making such a big fuss. To my wonderful surprise, there was a running guide included in the October issue. I used to run a lot to stay in shape before I had my son. And the "Fitness Awards" gave me great options for gear. I'm proud to say *Women's Health* is my new obsession and that I'm a WH groupie. Keep up the awesome, inspiring work! – Joanne Abrams, Pietermaritzburg

HOT TIPS FROM THIS MONTH'S EXPERTS

TARRYN CLACK, EDUCATOR AT SORBET SALONS
"Its official: colour is the new black. From pure-white to intense, this is the nail trend for summer! Neons are a must-have!"

DR YASHMITA LALLOO, DERMATOLOGIST
"UVA gets all the bad rep when it comes to sun damage, but UVB is just as harsh. UVB rays can burn and damage your skin year-round, especially at high altitudes and on reflective surfaces. They're the chief cause of sunburn."

LEZANDRE WOLMARANS, BIOKINETICIST AND SENIOR CONSULTANT AT THE DISCOVERY HIGH PERFORMANCE CENTRE
"Swimming really gets all your muscles involved and since you're working against the resistance of the water, you burn more kilojoules. You can do breathing sets to help you build your lung capacity. Swim 25m, breathing every three strokes, then repeat, only breathing every five strokes, then every seven and then every nine strokes."

Drop us a line at **TellWH@WomensHealthSA.co.za**. Please include your full name and the city in which you live.

WRITE IN AND WIN!

The writer of this month's winning letter receives a **Hugo Boss hamper**, valued at R2 455, including the Boss Ma Vie Pour Femme – fresh and floral with hints of cedarwood – and a bottle of the spicy, sensual Boss The Scent, for your man.



*Based on US home use consumer test on 62 women aged 25-59 after 8 weeks.
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• WE HAVE THE ANSWERS!

Q

How do I ditch the dark circles under my eyes?

Keep your paws off your peepers for a start. "When you rub tired eyes, you stimulate soft pigment that's deposited under your skin to give it a darker appearance," says skincare specialist Debbie Thomas. Plus, rubbing increases pressure in the blood vessels under your eyes. Also steer clear of the tequila shots: "Excess alcohol and salt can make your cells retain extra water, leading to puffiness," says Thomas. To avoid that raccoon look, drink plenty of water before you fall asleep to flush away toxins. If worse comes to worst, just keep the shades on. It works for Lagerfeld.

What is the fastest/safest exercise recommended to lose weight?

"A combination of cardio and resistance training," says fitness expert Dr Paola Wood. "Resistance training is recommended three to four times per week, targeting all the major muscle groups, combined with cardio exercise for at least 30 to 45 minutes, preferably performed in an interval fashion – physical training consisting of alternating periods of high- and low-intensity activity. However, exercise is only one of the aspects in losing weight. You need to consult a dietician for dietary advice too."

What are the long-term effects of Banting?

"The long-term effects are unknown at this point, because there are no studies done over long enough periods to answer this question. This is partly because eating this way is difficult for most people to achieve and even harder to maintain over years," explains dietician Dr Celeste Naudé.

"What we do know is that people following diets that eliminate or restrict many foods and food groups, are at a greater risk of not meeting all their vitamin and mineral needs. For example, low-carb diets have been associated with risk of inadequate vitamin C, B1, B3, B6, folate, magnesium and fibre. We also know from years of research that a balanced diet, with a variety of good-quality foods – plenty of vegetables and fruit, unrefined carbohydrates, plant oils (instead of animal fats), fish and lean proteins with low added salt and sugar – meets our nutrient requirements. Consistent studies over long periods show that this diet pattern, along with enough exercise, no smoking and sensible alcohol use lowers your risk of heart disease, stroke, diabetes and some cancers."

Is it possible to give a guy a yeast infection?

"It's uncommon, but it does happen," says urologist Dr David Weiner. A man can develop similar symptoms – redness, itching or unusual discharge – after having unprotected sex with an infected partner. He's especially at risk if he's taking antibiotics, has diabetes, an impaired immune system or is uncircumcised. "The foreskin creates a moist environment that's conducive to yeast growth," says Weiner. OTC antifungal meds can treat it and it's best to skip having sex until symptoms are gone. >

It's a glaring issue.

THE NEW FRAGRANCE

UNTOLD

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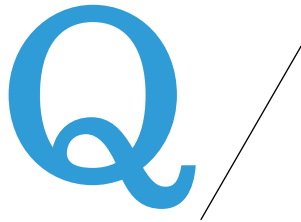


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NEW YORK



ASK the GUY NEXT DOOR

• TUDOR CARADOC-DAVIES



*My family is really embarrassing!
I want to introduce my beau to them, but
I'm worried they'll scare him away.*

Look, unless your family is straight out of *Jerry Springer* or *People of Walmart*, I doubt they can be that bad. Will your new guy see them as embarrassing? Perhaps – it depends on who he is. Have you met his family? We all have weird family and I bet he has a few members he would rather not introduce to you. If he is in to you and if your new romance is to last, he will have to meet your family at some stage so see this as a test for him – not you. You can choose your (boy)friends, but not your family.

I've been seeing a guy I met online and he's every bit as sweet and funny as in our digital chats, but he's clearly let himself go since taking the profile pic. I'm not going to break up with him for it, but I do wish he'd scrub up a bit. What should I do?

When it comes to the Tinder or online dating scene, we're all a little guilty of choosing pics that aren't necessarily the latest, but the hottest. Because, let's face it, it's usually the looks that drag us in



and the person who keeps us there. The fact that he looked better before and has subsequently let himself go, means that the process can also be reversed.

I'd take a direct approach on this one and tune him: "Cornelius, when I first saw you online it was how you looked that I initially found attractive. Fit, healthy, well-groomed. Now I've discovered that

I love your brain and personality *stukkend*, but you're dropping the ball in the looks department. Go for a run, get a haircut, eat healthier, brush your teeth, because I like you and I want us to work."

There are enough blatant threats and compliments hidden in there for the guy to know that he can hang on to you if he just pulls his finger out and makes an effort.

I'm going to be travelling overseas more, but my husband seems to be a bit miffed. Help!

If this is for your career, then he should understand the bigger picture. Sometimes your work takes you through phases where you'll be travelling a lot. If you love travel, that sounds great, but the reality is that it retains very little of the appeal of travelling for pleasure. You're on a tight itinerary, you feel bushed the whole time due to jet lag and the general fatigue of flights and even if you want to take time off to sightsee, most people just want to get home. Establish with your husband what the forecast is for this stage. Is it a year, two or three years of travel? Does it set you up for promotion, salary increase or improve your skill base? If you help him understand the bigger picture, he's less likely to think you're swanning around exotic locales having fun without him. But whatever you do, don't pass up on a great opportunity because it might make him a little miff. All too often I've seen someone compromise in this way only to regret and resent it later. ■

Is it worth it?

SWIMMING IN A PUBLIC POOL



Germs are spread by touching or ingesting contaminated water. Wee isn't the only offender: **pools may also contain bacteria from faecal matter, saliva and dead skin**, which can cause diarrhoea, rashes and ear infections. Chlorine kills most within minutes, but beauty products and sweat can make it less effective. So rinse off before you dive in and lather up well in the shower, post-plunge. If you can, rather go for a dip in the ocean.

YOUR 2c

Here's what you had to say about these hot topics:

What method of hair removal do you use for your pubes?

47%

Shaving.

34%

Waxing.

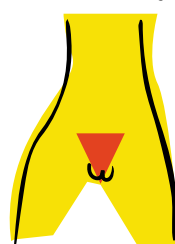
15%

Hair-removal cream.

4%

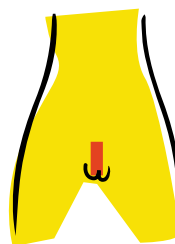
No removal – I go au naturel.

How much do you take off?



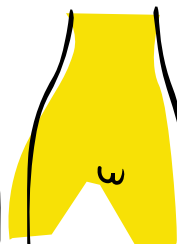
12%

Just the bikini edges.



16%

Brazilian strip.



72%

Hollywood (aka bald eagle).

The reason you go through the pain and effort every month?

18%
My partner – when I'm single I become a bush advocate.

82%
Myself – I'd do it even if I was single.



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FAMILY HOLIDAY?

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GLASS UP
YOUR ACT.

TROUBLE BREWING

Yes, beer cans are easy to lug around for a celebratory sunset sip after a hike – they're lighter, pack more easily and you don't need a bottle-cap opener. What's not so cool: those cans likely contain BPA, an endocrine-disrupting chemical linked to high blood pressure, obesity, heart disease and breast cancer. In a recent study, people who tossed back two drinks from aluminium cans saw the BPA in their urine spike as much as 1 600 percent (gulp!). Sip more safely by sticking to glass-bottled beer these hols, says Dr Karin Michels of Harvard Medical School.

beauty discuss

PUMP UP THE VOLUME

We all crave a big, fat... Head of hair. But which product helps you get it? We picked two faves to have on-hand. Just use them lightly – build-up of either kind can make locks seem punier. #fail

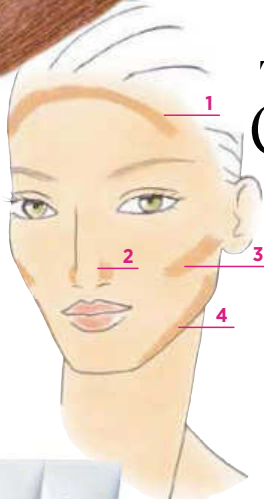
FOR SPECIAL OCCASIONS

Look for an instant thickener, like Kardashian Beauty K-Body Volume Foam (R425), and blowdry hair against the grain for added oomph, says Bernadette Campher, senior stylist at Terenzo.



FOR EVERYDAY BODY AND BOUNCE

Wash with Dove Oxygen Moisture Shampoo and Conditioner (R70 each). "The lightweight formula adds moisture without weighing hair down," says WH beauty ed Anja Joubert. And if you're chilling poolside, "help flat, fine hair by towel-drying and shaking it out from the root area," says Campher.



TWO-MINUTE CONTOURS

Contrary to what YouTube tutorials might suggest, you don't need 10 minutes and five products to sculpt your face. Use the Smashbox Step-By-Step Contour Kit (R580) to define your cheekbones, perfect your nose and sculpt your jawline in just two minutes! To get the look, apply the relevant shade in the kit to these areas and blend into your foundation:

- 1/ The hairline.
- 2/ Each side of the widest part of your nose.
- 3/ In the hollows of your cheeks (make a fish face to find them).
- 4/ A seven-centimetre swipe along your jawline, on both sides of your chin.

AMEE LEVY (ILLUSTRATION); STEPHEN LEE

MISS THE RED-EYE

Look out: a US study has found that the whiter your eyes, the more happy, healthy and attractive you seem. If you've been burning the candle at both ends, wear darker eye make-up to increase contrast.

Just avoid warm tones, says make-up artist Michael Brown. And try get your beauty sleep...

TO DYE FOR

Beauty products are becoming increasingly multifunctional. According to a study by Euromonitor International, South African women value double-duty beauty products over everything else. We're obsessed with the Color Wow Root Cover Up (R550) – a waterproof, peroxide-free root touch-up that doubles as a perfectly matched eyebrow-filler. Score!



BURNING LIKE FIRE?





Experience the feeling of surprising hydration, from your razor. New Schick Hydro Silk™ razor has water-activated moisturizing serum that hydrates your skin longer than any other razor. And 5 blades with skin guards help reduce irritation, leaving your skin silky smooth. FREE YOUR SKIN®





GET HIS
NOSE
INTO YOUR
BUSINESS...

THE SIXTH SCENT

We know that scents play a big role in sexual chemistry, but get a whiff of this: scent conveys information about compatibility, according to an experiment done by Swiss zoologist Claus Wedekind. **The science? His natural fragrance signals if he's a potential bae or not, thanks to a group of genes responsible for the compatibility of tissues in the body.** Here are some other ways your scent can boost your pulling power:

> SPRITZ CITRUS

Get it up with orange. Citrus fragrances help to increase penile blood flow by 19.5 percent. How a-peeling... Try Yardley Bond Street (R350 for 50ml).

> GET SANDY

Men who smell spicy sandalwood scents perceive women to be 1.8kg lighter than they are. We rate Bvlgari Omnia Crystalline EDP (R995 for 40ml).

> BEFRUITY

Calling all cougars: grapefruit scents are perceived to knock six years off a woman's actual age. Go for Giorgio Armani Acqua di Gioia Eau Fraiche EDT (R845 for 50ml).

Steamier Selfies

What we learnt this month: "When taking sexy photos, swap a regular light bulb for a red one, which can soften blemishes or uneven skin tone," says boudoir and portrait photographer Lori Berkowitz. Then strike a flattering pose in your laciest bra: "Lie on the bed on your side, with your head resting flat on one arm. Use your opposite hand to graze your upper thigh. Bend both knees up and move your top knee forward to touch the bed." Send!



What kind of sex do couples say is best?

POP QUIZ!

A
BIRTHDAY SEX

C
MAKE-UP SEX

B
HOLIDAY SEX

D
SPONTANEOUS SEX

ANSWER: D A survey by LifeStyles Skyn Condoms revealed that 60 percent of people consider spur-of-the-moment romps the hottest. A close second: boot-knocking after a fight. If the urge strikes, bang during breakfast!



THIS JUST IN

LUST AT FIRST SIGHT

If a guy can't take his eyes off you, take note of what, precisely, he's ogling: your face or your boobs? A study in *Psychological Science* found that, when staring at a member of the opposite sex, people who are in lust tend to zero in on the other person's body, but if they're feeling love, they will likely fixate on the face. "Visual attention reflects the features that are most relevant to a person's intentions," says study author Dr Stephanie Cacioppo.



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WEIRD STUFF THAT WORKS

Smell Sweat, Boost Your Buzz

Get a whiff of this: you might owe your post-kickboxing high to the chipper chick drippin' buckets next to you. A *Psychological Science* study found that smelling the sweat of happy peeps can inspire you to feel all smiley-emoji too. The researchers believe that because we subconsciously associate our own perspiration with crushing a workout (and feeling pretty rad about it!), sniffing the hard work of others can intensify that vibe. Organise a group boot-camp session or outdoor volleyball game and share the love.

WORTH IT?

BEACH CRUISER

Hot stuff: the Scarlet 3 is a sweet ride (R5 750, SilverBackLab.com).

Those cute, sorbet-coloured boardwalk bikes may not whip you into shape like a built-to-train road bike, but, with most ringing in under R7 000, they can be a smart summer buy, warding off that extra festive padding, says exercise physiologist and cycling coach Todd Parker.

Three reasons to join the joyride:

1/ IT'S PERFECT FOR NEWBIES. Rusty at riding? No prob. There's usually only one gear (three at most), which means you simply can't speed out of control.

2/ YOU CAN SKIP THE CAFFEINE. Let joe eat your dust: pedalling pumps up your energy and churns away fatigue by 20 and 65 percent.

3/ YOU'LL CRUISE THROUGH KILOJOULES. More precisely, up to 1 200kJ per hour, while also stoking your metabolism and fine-tuning your quads and calves.

SHOULD YOU CANCEL YOUR GYM MEMBERSHIP?

Possibly. Just like restrictive cellphone contracts, long-term gym commitments may be on the outs. Exhibit A: FitKey's mobile app (available on iOS and Android) grants entry to unlimited workout classes at local studios for just R495 a month. But before you bail on the big-box gym, consider the pros and cons:

BOOYAH!

> **Cardio barre today, Krav Maga tomorrow!** Cross-train at dozens of different spots in your city.

> **Travel much?** You can visit any participating studio in Cape Town and Jozi for no additional coin, making this a pretty perfect way to work off boozy vay-cay feasts.

> **No shackles here:** cancel your membership anytime.

BOO!

> **You can hit up the same joint or class only three times per month.** Bummer if you're a Pilates devotee with a fave instructor.

> **Always tardy for the exercise party?** Prepare to cough up R80 for any class you signed up for but missed (cancel 12 hours prior and you're in the clear).

> **Patience, dear yogi:** FitKey's brand new – so it's only in Cape Town and Joburg. Hold thumbs it spreads all over SA soon!



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POP QUIZ!

Which food is the most addictive?

A

CHIPS

B

CHOCOLATE

C

SLAP CHIPS

D

PIZZA

ANSWER: D. All tempting, but pizza is the number-one offender, according to a US study. What makes a slice so damn hard to resist? Fat and sugar, the two things we tend to crave most, usually occur separately in nature, but in pizza (and chocolate, which came in a close second) they join forces. Pizza's sugar kick usually comes from the sauce, FYI. To lessen the hold a Triple-Decker has on you, trade your go-to delivery for a less-processed homemade version with a wholewheat crust and tons of veggies.

Smoothen smoothies

Purée tough-to-blend foods like raw carrots and berry seeds.

Better butters

Nuts melt into creamy spreads, no added oil needed.

Alternative milks

Whiz three tablespoons nuts with two cups water.

Cocktail hour

Perfect frozen margaritas. No explanation needed.

Salad dressings

Oil emulsifies in a flash and won't separate as quickly.

WORTH IT?

PRICEY BLENDERS

Four figures for a smoothie machine? WTF? But the newest gizmos do more than crush ice! "You can make dressings, sorbets and sauces," says chef Julie Morris, author of *Superfood Smoothies*. And they have the horsepower to pulverise the most fibrous veggies. We love the KitchenAid Artisan Jug blender, R3 290, Yuppiefchef.com. The case for giving one a whirl, above.

Have your cake and eat it!

Can't bear another holiday of looking wistfully at the forbidden fruitcake? Make food ed Amy Rankin's healthy upgrade



BANTING



LOW-CARB



GLUTEN-FREE



DAIRY-FREE

1/ In a bowl, mix together 100g each of dates (chopped), Turkish apricots (chopped), dried figs (chopped), golden sultanas, raisins, currents and walnuts (roughly chopped), one teaspoon cinnamon, half a teaspoon nutmeg, one teaspoon vanilla extract, juice and

zest of one orange and three tablespoons coconut oil (melted).

2/ Crack four eggs into a separate bowl and beat until fluffy. Pour eggs into the fruit mixture and gently combine.

3/ Mix in 200g almond flour – the mixture will be very thick.

4/ Grease and line a 20cm spring-form

cake tin with baking paper. Spoon mixture into the tin and level it out with a spatula. Cover the top of the cake tin with foil. Bake for 75 to 90 minutes. Insert a cake tester into the cake; if it comes out clean, the cake is ready. If not, cook for a further 10 to 15 minutes.

5/ Remove cake and allow to cool.



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weight loss discuss

10-SECOND TEST

Is your weight healthy?

BMI isn't everything. A new study found that more than one-third of those at risk for obesity-related problems are considered healthy per the calculation. A superior marker? Your waist-to-height ratio, which accounts for extra belly fat (linked to heart disease and diabetes). Cut a piece of string to the length of your height, then fold it in half and wrap it around your waist. If the ends overlap, your waist is less than half your height – the ideal range. Snug string? Time to trim down.

Hump-It-Off Challenge

File this under best news ever: a hot-as-hell bedroom life can also earn you a more bangin' body (can we get an amen?). Sexually stoked gals and guys are less likely to seek pleasure in other areas (read: the fridge), says weight-loss expert Jena La Flamme. Three other ways shagging can slim you down:

1 / IT'S QUALITY EXERCISE!

The average 30-minute romp burns 280kJ. Extend that cowgirl ride as long as possible.

2 / HIS SEXY COMPLIMENTS = MOTIVATION.

Saying you look fab can rally your weight-loss efforts, a study found.

3 / ROLLING AROUND ON THE BED CAN LOWER CORTISOL.

It's the stress hormone that makes you want to inhale greasy grub.

YIKES! IT ONLY TAKES 24 HOURS OF EATING HIGH-FAT, SUGARY FOODS TO CHANGE YOUR GUT BACTERIA.

The messed-up buggers can spur weight gain, says Dr Gerard Mullin, author of *The Gut Balance Revolution*. To fertilise your belly with fat-melting microbes and restore balance, nosh a cup of unsweetened, probiotic-rich yoghurt the day after a splurge. Look for *Streptococcus thermophilus*, *Bifidus*, *Lactobacillus bulgaricus* or *L. acidophilus* on the label.

Bonus Points

You may be racking up fewer kilojoules than the label lists, says Dr Geoffrey Livesey, a nutrition consultant. It takes more effort for your body to break down protein and fibre-rich meals, so you burn more kJ when you scoff these foods:

Fresh raspberries (1 cup)	Low-fat Greek yoghurt (170g)	Grilled tilapia (85g)	Brussels sprouts (1 cup)
kJ listed: 234	kJ listed: 422	kJ listed: 460	kJ listed: 247
kJ absorbed: 209	kJ absorbed: 360	kJ absorbed: 385	kJ absorbed: 230

Minor differences? Not in the long run. "Even just 200 additional kilojoules per day can add up to the equivalent of three kilograms gained in a year," says Livesey.

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132 kg

AFTER
77 kg



“My life has completely changed - I will never go back!” *Kate*

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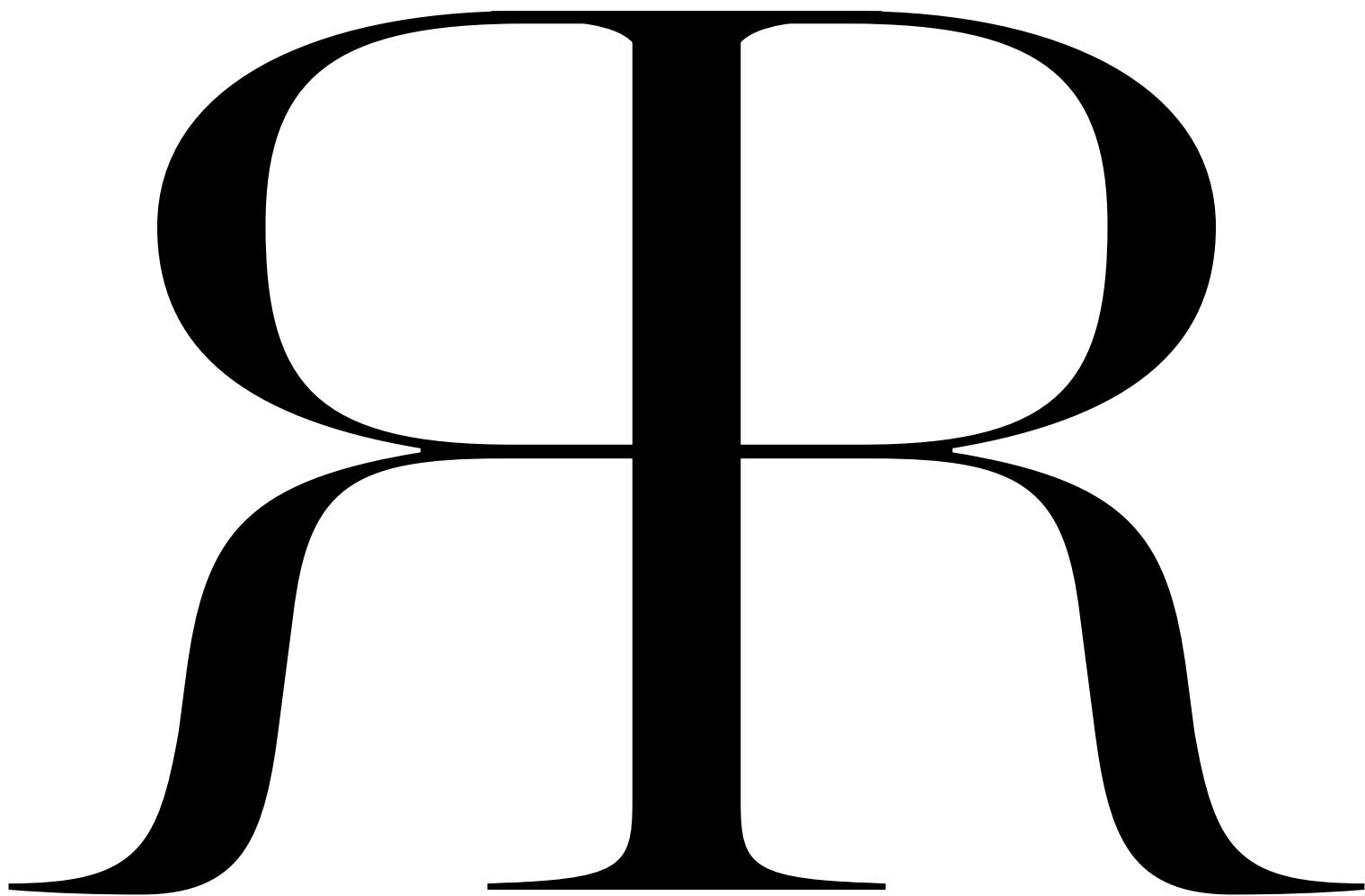
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REESE RULES!

Not sure what she's been up to lately? Get to know the real Reese – the activist, business woman and pint-sized powerhouse

Photographs by Matthias Vriens-McGrath

Something is about to interrupt Reese Witherspoon's WH photo shoot. We're at the picturesque Pacific Palisades, and the Oscar winner is looking like a full-on goddess, highlighted blonde hair billowing in the ocean breeze, skin dewy and flawless, striking pose after gorgeous pose when... Look out! A frightening insect the size of a golf ball flies into the frame. Everyone on set recoils in horror; some even shriek. But not our heroine, who reaches out her immaculately manicured hands and catches the gogga. "I like bugs," Reese shrugs, sending the big guy on its way.

Like one of those Russian nesting dolls, Reese has depth and is full of surprises. The bug incident is a microexample of who she is within: a woman who knows what she wants and isn't afraid to confront problems

with a direct, no-BS approach. Take the issue of one-note parts for Hollywood actresses. While plenty of her peers have spent years complaining about the dearth of meaty, nuanced parts that reflect the complexities of IRL women, Reese has literally flipped the script. In 2012, the now 39-year-old partnered with Australian producer Bruna Papandrea to launch Pacific Standard, a production company dedicated to finding and developing female-driven projects. During their first two years alone, Reese and Bruna succeeded in getting two überpopular page-turners from book to big screen (Gillian Flynn's thriller *Gone Girl* and Cheryl Strayed's memoir *Wild*), which is more than some other producers accomplish in a decade. >







T

The New Orleans-born, Nashville-raised star has also used her status to remind people that women's value lies in their brains, not their looks. She's a tireless advocate for the Malala Fund, which fights for girls' rights to education, and during this year's Oscar season, she joined the #AskHerMore campaign urging reporters to treat women as more than clothes hangers on the red carpet. "We're happy to talk about the work that we've done," she told US news reporters. Today, of her take-charge attitude, she tells *Women's Health*: "I got tired of other people being the architect of my destiny. I know too much; I've done too much."

Not that she plans on doing less anytime soon. After orchestrating the optioning of Liane Moriarty's blockbuster book *Big Little Lies* for a 2016 HBO series that's being co-produced with Nicole Kidman's Blossom Films, she snagged the production rights

to first-time author Jessica Knoll's dark, twist-filled novel, *Luckiest Girl Alive*, before it was even out, never mind a *New York Times* best-seller. When she's not bringing page-turners to movie theatres, she's busy with yet another entrepreneurial endeavour – overseeing her own lifestyle brand, Draper James.

Still, as much as she's gained from all these professional roles, Reese will tell you there's no better teacher than real, messy life. We asked her exactly what it takes to harness her power... And how you can harness yours.

1/ PURPOSE

"Having a daughter and wanting her to see real women reflected on film is so important to me. People say, 'Oh, you've got to talk about [gender-inequality in Hollywood].' Talking about it has never been that effective. I like it when people do something about it. I realise I have a finite amount of time. I want to facilitate opportunities for other women by buying the books that have female leads and choosing to hire female interns. I refer to it as finding the right space and being aware of what's missing."

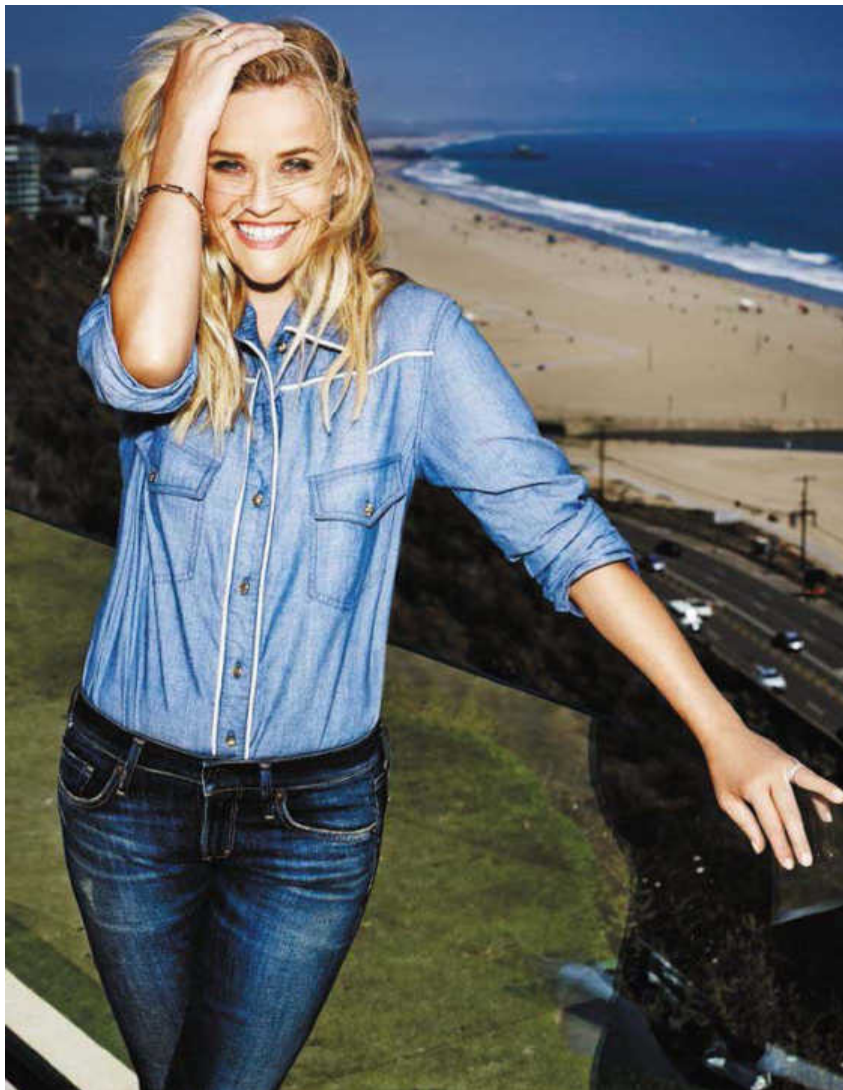
"Physical strength is important"

#TRUTH. So what does the mother of three do to stay fit? Grabs her girlfriends, for one! "There's a group of us, and I'm like, 'Okay, girls! What are we doing today?'" says Reese. Often, it's a Body by Simone class (in NYC and Hollywood). "It incorporates dance, strength training and stretching and it's all in one hour, which is perfectly doable for me. I do that a couple of times a week. I also run, spin and do yoga." No wonder she looks smokin'!

2/ **AMBITION**

"How wonderful it would be for our culture not to see ambition as an ugly thing within a woman's personality! In our society, when we see women who want to succeed or who view themselves as leaders, it's like, 'How arrogant!' Well, I think it's fantastic. I knew when I was looking for

a producing partner, I wanted somebody whose skills were completely different from mine, but [whose goals were] just as lofty. Bruna's a powerhouse. We both wanted to show women doing different things. Women aren't always good in our movies; sometimes they're not very trustworthy. *Gone Girl* is a good example – it's an interesting study of female nature."



3/ **SUPPORT**

"While I was making [2010's *How Do You Know*], I met this great coach, Sue Enquist – she guided the UCLA softball team to four national championships. She said, 'Thirty percent of the people you meet every day are going to lift you up; 30 percent are going to be neutral; 30 percent are going to bring you down. Don't spend your life with the bottom third.' Successful women don't have a lot of time for people who don't lift them up. There are a lot of people in life who want to tear you down or get you involved in their drama. That's a big life lesson that's hard to learn when you're young, but, as I get older, I see women weeding people out of their lives. This is healthy. You don't need to be a good friend to someone who's not a good friend to you. You don't even need to be a good daughter or sister or wife to somebody who's not good to you. It goes that far."

4/ **CHARITY**

"When I started Draper James, it was so important to me to give back to women who are entrepreneurial. Girls Inc has created incredible programmes all over the US that empower women economically." Draper James is currently funding and supporting Girls Inc. "It's about economic education and financial education, so moms and their daughters can learn [things like] how to invest, what a mortgage is, how you start a business."

5/ **GUTS**

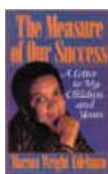
"That pit in your stomach, like you're going to be asked to do something you can't accomplish? I still haven't conquered that. Every time I start a film, I'm terrified. But the worry isn't helping, you know? Run the worst-case scenario, like, 'The worst thing is the movie's not going to do well and I'm going to get bad reviews.' That's already happened in my life and I didn't die." ■

Reese's Must-Reads For The Hols

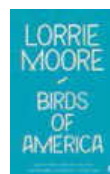
The self-proclaimed "book dork" and lover of female authors from Alice Munro and Aimee Molloy to Ann Patchett and Anna Quindlen (and that's just the A's!), names three titles that she believes every woman should have on their shelves.



TINY BEAUTIFUL THINGS: ADVICE ON LOVE AND LIFE FROM DEAR SUGAR, by Cheryl Strayed. "It's an advice column and it pretty much covers any question you would have. She's insightful, loving and kind, but very direct and honest."



THE MEASURE OF OUR SUCCESS: A LETTER TO MY CHILDREN AND YOURS, by Marian Wright Edelman. "This book really changed my life. It's a letter she wrote to her sons for their eighteenth birthdays on how to be a good person. She's an incredible advocate for children's rights and she also worked with Dr King."



BIRDS OF AMERICA, by Lorrie Moore. "It's a slice of all different kinds of women at different stages in their lives and different places. Lorrie writes with humour and intellect; she's been one of my favourite writers all my life."

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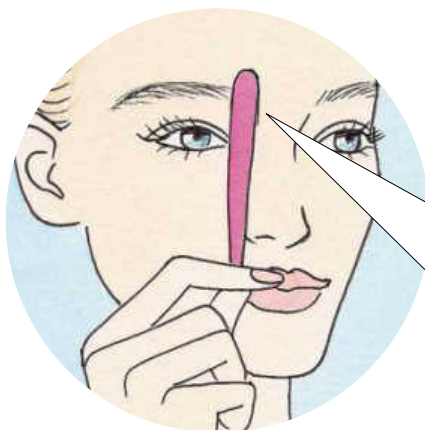
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By Roopika Malhotra



STEP 1

LOCATE YOUR STARTING POINTS

Flip your tweezer (try Tweezerman Neon Is Spot On Mini Tweezer, R180, Dis-Chem) upside down so the open end is pointing downward and place it vertically alongside the outer edge of the bottom of your nose. The point where the vertex lands marks the beginning of your brow (which should also be about 2.5cm above the inner corner of your eye). Using an eye pencil (we love Smashbox Brow Tech Matte Pencil in Brunette, R290), draw a vertical line to demarcate the start of each brow, then check that the space above the bridge of your nose is centred between them. Remove the strays that fall in between. "I recommend using a magnifying mirror and having a normal mirror nearby so you can check from a distance as well," says Gillian Lentin, owner of browXpress in Joburg.

STEP 2

MARK YOUR END POINTS

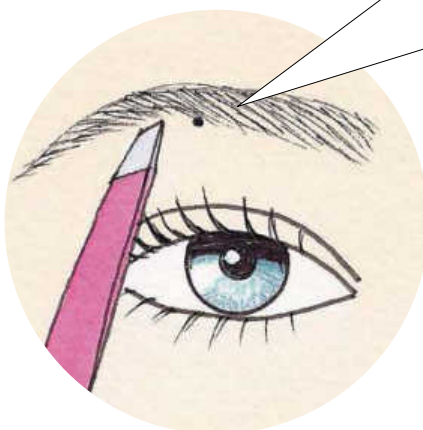
Lay the tweezer at an angle against your cheek so that the open end is at the bottom of your nose and the other end reaches the outer corner of your eye. The spot where the tweezer intersects your brow is where the hairs should end. Mark it with the eye pencil, then pluck the hairs beyond the line.



STEP 3

DETERMINE YOUR BROW THICKNESS

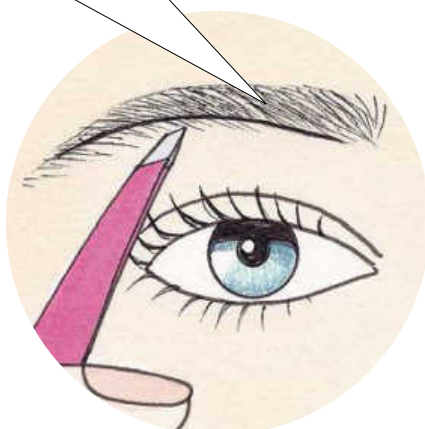
Starting just below the fullest part of your brow, use an eye pencil to draw a line along the bottom edge of your brow; it should be above any stray hairs and should follow the natural shape of your brow's top line, which may be angled, slightly curved, or even straight. Pluck the strays below the line. Ultimately, your brows should be between a half and full centimetre at their thickest.



STEP 4

SHAPE YOUR ARCH

Look straight into a mirror. The arch should peak above the outer rim of your iris and lie right on your brow bone: mark the point with your eye pencil, then remove a row of hairs along the bottom, from your inner brow point to the peak point. After the peak, shape the tail. "Your arch should always have a natural curve – never a sharp angle," says Unaiza Moideen, owner of The Brow Bar in Joburg.



Fill In Your Blanks

Oops, already gone overboard with the plucking? Not to worry. While you wait for them to grow back, use an eyebrow wax and powder (try

L'Oréal Paris Brow Artist Genius Kit, R170) that's within one to two shades of your hair colour (lighter for brunettes, darker for redheads and blondes) to define the shape and conceal sparse spots.



A Helping Hand

DIY EYEBROW WAX

"I'd be very hesitant about using wax at home," says Gillian Lentin, owner of browXpress in Joburg. "As you'd most probably be standing at a mirror, there's a possibility that the wax might run onto your eyelashes, meaning you'd do a brow and lash wax." So not pretty. Determined to turn your bathroom into a salon? Make sure that the wax isn't too hot – you don't want to burn your skin. "Never use more than one strip over an area," says Lentin.



AT-HOME DYEING KIT

Home DIY dyeing kits are available at leading pharmacies. We rate **Eylure Permanent Tint for Brows in Mid Brown (R130)**. "Apply a barrier cream below or above the brow to prevent your skin from staining," says Unaiza Moideen, owner at The Brow Bar. "Brow tint activates almost instantly, so remove the tint within a minute and reapply if necessary," she adds.

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Blue Steel

No matter your skin or eye colour, there's a shade of blue to suit you. We show you how to make this runway trend your new summer look

By Anja Joubert

The look: **ELECTRIC LINER**

INSPIRED BY: **Boss**

EXPERT: **Renée de Wit @reneedewit**

- 1/ Start with a blank canvas by priming your skin and eyelids. Try Revlon PhotoReady Prime + Anti-Shine Balm Compact in Jamaica White (R235). Be sure to conceal the under-eye area. "My fave is Sensai Concealer (R710)," says De Wit.
- 2/ Line along the upper lash line with the perfect shade of aquatic blue. Try Gosh Xtreme Liquid Gel Eyeliner in Turquoise (R125).
- 3/ Apply two coats of mascara in a zig-zag motion to ensure that lashes are evenly coated.
- 4/ Hydrate lips with a balm, then apply a sheer nude. Our picks? Labello Lip Butter in Original (R30) and Rimmel Lasting Finish by Kate Nude Collection Lipstick in 43 (R90).
- 5/ For the final touch, highlight your brow and cheekbones by using your fingertips to gently dab on a radiance boosting cream. Try Clarins Instant Light Radiance Boosting Complexion Base in 01 Rose (R345). Look, perfected!

"I love a bright pop of colour to update the usual bronzy summer make-up look"

— De Wit



The look: **WRAPAROUND EYELINER**

INSPIRED BY: Jonathan Saunders

EXPERT: Algria Ferreira @algriax

TOP TIP:

"Don't use any powdery product on the eye."
- Ferreira

Use an angled eyeliner brush with your gel liner. Try Black/Up Cosmetics Angled Eye Brush (R325).

- 1/ Use a very light BB cream to even out skin tone and to prime the eyelid area. Try Kiehl's Dermatologist Solutions Actively Correcting & Beautifying BB Cream SPF 50 (R525). Don't need foundation? Just prime the eyelid area with either an eye primer or illuminator. We love Catrice Cosmetics Illuminating Highlighter Pen (R70).
- 2/ To give the impression of a fuller lash line, use a pencil like Smashbox Always Sharp 3D Liner in Neptune (R290) to line inside the waterline of the upper lid. This can be a shade darker than what you'll use to line the eye.
- 3/ Using an eyeliner (try MAC Fluidline in Waveline, R210), line the upper lashes from the inside corner to the last lash, then repeat on the bottom. Start with the line close to the lashes and widen it towards the end. Keep it modern by wrapping liner around the eye.
- 4/ This look needs very little mascara, so only apply at the roots of the top lashes. Try Essence Multi-Action Mascara (R48).
- 5/ Complete the look by using your finger to dab colour onto your lips and the apples of your cheeks. We love Benefit Cha Cha Peach Lip & Cheek Tint (R385). ➔

"As the eyeliner is the focus, the rest of the face requires minimal work, so it's a really quick and easy look to achieve," explains Ferreira. "Pack away your go-to black liner and try something new!"



The look: **THE NEW SMOKY**

INSPIRED BY: Marc Jacobs

EXPERT: Linda O'Connell @linda_makeup



- 1/ This look is all about the eyes, so pare down the blush and choose a neutral lip shade.
- 2/ For the eyes, start with an intense blue eyeshadow. Try **Maybelline Color Show Eyeshadow in Soho Blue (R70)**. Apply to the lid and blend upward towards, but not above, the crease.
- 3/ Switch to a teal shade of blue, such as **Maybelline Color Show Eyeshadow in Teal for Real (R70)**. Start in

the inner corner of the eye and blend up towards the brow. Blend gently to the halfway point on the eye; the colour intensity should be on the inner corner.

- 4/ Apply a few layers of mascara. We love **L'Oréal Paris False Lash Superstar Mascara in**

"I love this contemporary take on the smoky eye. This reinvention is fun and dramatic!"

- O'Connell

Superstar Black (R190).

- 5/ While lashes are wet, take your tweezers and carefully pinch your bottom lashes together, grouping three to four lashes at a time. This will give you the effect of dense "Twiggy" lashes.

The look: **DOLL LASHES**

INSPIRED BY: Mary Katrantzou

EXPERT: Sebastine Pepler @sebastinepepler

- 1/ A tinted moisturiser or BB cream will do the trick here. Conceal the area around your nose and slightly under the eye area. We love **Pond's Flawless Radiance BB Cream in Beige (R90)**.
- 2/ Use a touch of liquid highlighter on your nose and cupid's bow.
- 3/ Groomed eyebrows are key, so comb them upward and fill in with a brow pencil that's a little darker than your actual colour. The brow in this look is heavier than usual towards the ends, giving them a fuller effect. Try **Eylure Brow Pencil in Dark Brown (R109)**.
- 4/ Using a gel liner, draw a line in the centre of the inside of your bottom lash line. Do the same on the outside of your top lash line. We love **Rimmel Exaggerate Smoke n' Shine Automatic Gel Eyeliner in 004 Blue Steel (R90)**.
- 5/ When applying mascara (try **Chanel Le**

Volume in 70 Blue Night, R485), instead of horizontal strokes, turn your hand and use the wand vertically. You only want to add product where the liner has been drawn. Lashes will automatically be more clumpy and stick together. ■



TOP TIP:
Make sure there's loads of mascara on the wand before application.



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Cut Your Lag Time

Jet lag? There's a yoga pose
for that. Stretch your way
into a new time zone

By Sarah Duff

Disturbed sleeping patterns, insomnia, fatigue, lethargy, irritability and stomach problems... Doesn't sound like a great way to start off an overseas trip, does it? These are symptoms of jet lag – the unfortunate price you have to pay for flying to the other side of the world.

There's no way of avoiding jet lag completely, but practising some simple yoga postures can help. Psychiatrist Dr Eric Leskowitz suggests that yoga can stimulate the pineal gland, which secretes melatonin, the hormone that helps to control your body's internal clock. Yoga also helps get your blood flowing and oxygenates your cells. In particular, inverted poses (where your heart is above your head) "encourage venous blood flow from the legs and pelvis back to the heart, where it can be pumped back to the lungs to be freshly oxygenated," says Dr Timothy McCall, author of *Yoga as Medicine: The Yogic Prescription for Health and Healing*. As if that wasn't enough, it also stimulates digestion, encourages relaxation and stretches cramped muscles.

Practise this sequence a few hours before your flight to relax, soon after arriving at your destination and once a day until you adjust to your new time zone.



UP IN THE AIR WORKOUT

You don't need to leave your seat to sneak in these in-flight moves

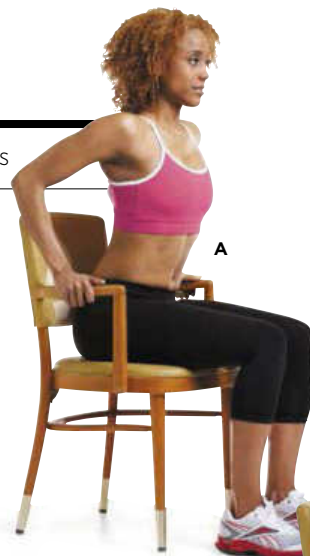
1/ CORE LIFTS

Sit up tall in your seat. Contract your abs and lift one foot about 15cm off the ground. Hold for 10 seconds, then lower, relax your abs and repeat with the other foot. That's one rep. Do six.



Perfect Timing

US researchers found that you can lessen jet lag by shifting your body clock before departure so it's more in line with your destination. Jetlagrooster.com allows you to customise a jet-lag-reduction plan with adjusted sleeping times based on your time zones and flying time.



2/ ARMREST BOOSTERS

You need control of both armrests for this one. Sit tall with hands on the armrests and elbows bent and pointing back (A). Press into your hands to lift your butt off the seat (B). Return to start. That's one rep. Do as many as you can in a minute.



3/ HEEL RAISES

Sit up tall, feet flat (A). Lift your heels as far as you can without lifting your toes off the floor (B). Return to start. That's one rep. Do as many as you can in 60 seconds.



4/ TOE RAISES

Sit tall, feet flat (A). Keeping your heels on the floor, lift your toes as high as you can (B). Pause, then return to start. That's one rep. Do as many as you can in 60 seconds.



Drink Up, Sleep Tight

Research suggests that dehydration caused by the extremely dry air in the plane can worsen the effects of jet lag. Drink a lot of water before, during and after your flight and avoid alcohol, which is dehydrating.



Moves extracted from *The Women's Health Big Book of 15-Minute Workouts*, available at Fitshop.co.za

Get-Fit Tricks

You'll need: A yoga mat; a strap or resistance band (optional)

1/ PRANAYAMA

Start with a simple breathing exercise: sit cross-legged, eyes closed. Inhale deeply for a count of six, letting your stomach push out. Exhale completely for a count of six as you draw your stomach in. Breathe like this for three to five minutes.

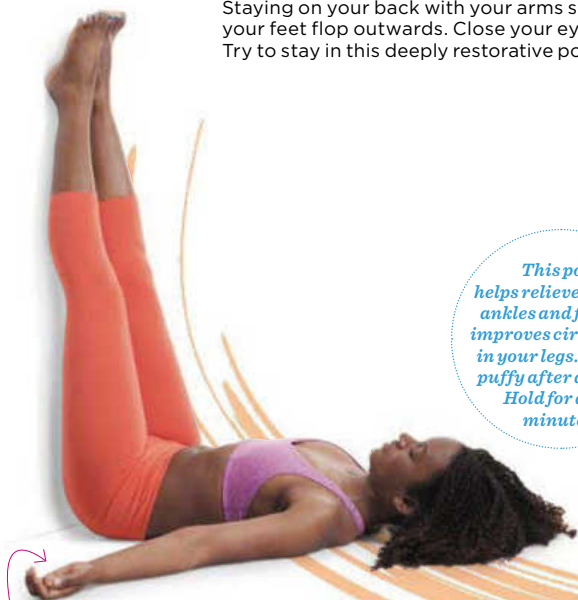


Place hands on stomach to help you focus on your breath.



10/ CORPSE POSE

Staying on your back with your arms slightly out to the side, let your feet flop outwards. Close your eyes and completely relax. Try to stay in this deeply restorative pose for five to 10 minutes.



This pose helps relieve swollen ankles and feet and improves circulation in your legs. Feeling puffy after a flight? Hold for a few minutes.

Palms face up.

9/ LEGS UP THE WALL

Move your mat so it's next to a wall and lie on your back with your butt as close against the wall as you can get, extending your legs straight up to rest on the wall, arms resting at your side. Hold for 20 breaths, then remain on your back as you move yourself away from the wall to lie flat on your mat.

2/ DOWNWARD-FACING DOG

Move to all fours and, while exhaling, lift your hips up and back and place your feet hip-width apart. If your hamstrings are tight, bend your knees slightly; otherwise let your heels drop towards the floor with straight legs as you root through your hands, fingers spread wide. Hold for 10 breaths, then, while exhaling, step one leg forward at a time so your feet are at the top of your mat. With knees slightly bent, inhale as you rise slowly, raising your arms above your head, and then exhale, dropping them to your sides. This is mountain pose.



3/ TREE

From mountain pose, bend your left leg, hold onto the ankle and place your foot on the inside of your right leg. Hold for five breaths, release the leg slowly to the ground and repeat with the right leg.



7/ PIGEON WITH A FOLD

Come to all fours and then bring your right knee forward to your right wrist, placing the shin down at a slight diagonal angle to the top of your mat. Slide your left leg straight back. Inhale with hands on the ground, arching your back slightly, and then exhale, folding your torso forward over your right leg and stretching arms forward. Hold for 10 breaths, then repeat on the other side.



8/ DOLPHIN

From pigeon, move back to all fours and then lower your forearms to the floor so your elbows are below your shoulders and clasp your hands together. Straighten your legs as in downward-facing dog position. Hold for five breaths, then lower your knees to the ground. Repeat for another five breaths.





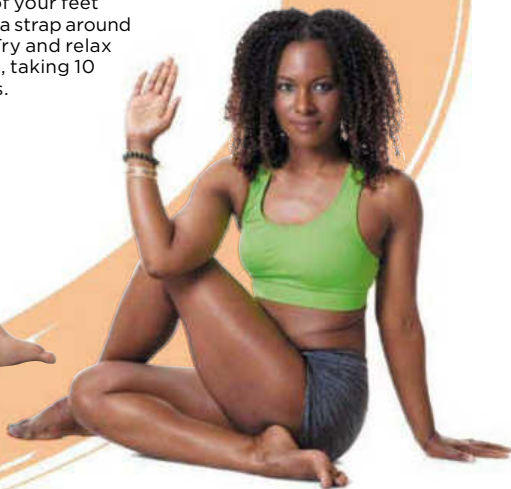
4/ WIDE-LEGGED FORWARD BEND WITH HAND LOCK

Step your feet leg-length apart with your inner feet parallel. Lace your hands behind your back and stretch your arms; as you exhale, bend forward from your hips, bringing the crown of your head towards the floor and your arms over your head. Hold for five breaths. Come up slowly as you inhale.



5/ SEATED FORWARD BEND

Sit on your mat with your legs together, feet flexed and back straight. Inhale, extending your torso, and exhale, bending forward from the hips, taking hold of the sides of your feet (or hold onto a strap around your soles). Try and relax into the pose, taking 10 deep breaths.



6/ HALF LORD OF THE FISHES

From seated position, bring your left knee into your chest and place the left foot on the floor outside your right knee. Bend your right leg and bring the foot towards your left buttock. Place your left hand behind your back for support and, as you exhale, wrap your right arm around your left leg. On each inhale lengthen your spine and on each exhale try twist a bit more to the right. Stay for five breaths, then repeat on the other side.



Images extracted from *The Women's Health Big Book of Yoga*, available at Fitshop.co.za



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fun or fitness?

Some of your playful pastimes may actually count as legit workouts. Hooray!

By Mara Miller

Hitting the promenade on your skateboard. Cutting up the dance floor. Crushing your friend in Wii tennis. They're all great ways to pass the time and let off some steam, but it turns out that some of your favourite hobbies might qualify as actual exercise too.

Even light physical activities – things you view as more fun and leisurely than “fitness” – can reduce stress, punch up your metabolism and add years to your life. They can also help speed up recovery from traditional workouts and ease sore muscles.

But don't go cancelling your trainer just yet: 18 holes of putt-putt or tug-of-war with your pooch doesn't necessarily match the muscle-building, fat-blasting potential of a 20-minute strength workout. But there may be ways to turn fun and games into a genuine sweat session.



Ten-pin bowling

FUN.

Let's be honest: your activity consists of walking five metres with a (maybe) five-kilogram ball and then sitting back down.

GAME CHANGER: You could use the ball as a free weight – busting out biceps curls and goblet squats – but that would look sillier than your rental shoes. So don't force it. But do focus on your form: keep your upper body straight (rather than leaning to the side) to engage your core and lower your body as you release the ball (rather than bending at the waist, granny-style) to get your legs in on the action. More importantly, skip the post-tournament burgers-and-beer binge, which quickly unravels any subtle benefits.

Virtual sports

FITNESS.

No joke, some video games can actually give you a decent workout.

GAME CHANGER: The top games use your whole body to control on-screen movement, says Elizabeth DiRico, an exercise physiologist and author of a study on active video games. "Choose ones that have you punching, swinging, squatting or moving from side to side," she says. According to another study on Wii sport games, boxing demanded the most effort, with baseball and tennis ranking as moderate activity. Buddy up for bonus points: playing with someone in the room can prompt you to work harder than you would against a virtual competitor.

Fetch with Fibi

FUN.

Your dog is the one running after the ball, right? If you just stand and wait, even a big throw doesn't amount to much.

GAME CHANGER: While research suggests that pet owners get more exercise than those without pets, the exercise is typically a daily walk. But ball tossing can benefit you too, if you get yourself in the game, says personal (and dog) trainer Jill Bowers. Carry a ball or stick and run, shuffle or backpedal with your dog in tow, changing movements every 30 seconds. After one minute, launch the toy and bang out five push-ups before your dog brings it back – or race her to the ball to get in some sprints.

Garden cricket

FUN.

Unless you live on a massive estate, your garden probably isn't big enough to get in much running on the boundary.

GAME CHANGER: That's not to say you can't get a little more out of each innings. When you're fielding, opt to play wicket keeper

– you'll be spending most of your time in a squat, plus you'll see more ball-chasing action. Up the ante by playing "tip and run" rules so, when you're batting, you have to run between the wickets every time you nick the ball – hello crazy, explosive sprints!

Dancing

DEPENDS.

Details matter here: slow-dancing at a wedding is a far cry from a salsa lesson or a booty-shaking night at a club.

GAME CHANGER: You can reach an aerobic zone while dancing (think Zumba), but it's not a given. Especially while dancing socially, where there are tons of breaks (you're not trying to work up a sweat, after all). "Prolonged effort is key," says DiRico, who suggests dancing dips into the fitness category if you maintain a five-minute, break-free interval while grooving to a fast-paced beat.

Beach volleyball

FITNESS.

Unless you're cowering in the back row, a casual beach (or back garden) match can be a valid workout.

GAME CHANGER: Even with two left feet and an awful serve, you're constantly squatting, diving, jumping and hitting, says volleyball coach Randy Cline. Sand courts amp up the intensity. "You get much more resistance with each step, so your legs and core work harder with every move."

Golf

DEPENDS.

Reaching into a bucket at the driving range or zooming around in a cart does not score fitness points.

GAME CHANGER: Golf takes some serious skill, but aerobic benefits come from the hole-to-hole trek. One study found that golfers on courses with rolling terrain spent up to 84 percent of the game in a moderate-intensity exercise zone. And carry your own clubs: the researchers also found that toting golf bags contributed to the benefits.

Frisbee

DEPENDS.

A little back-and-forth won't burn loads of kilojoules, but a competitive session will.

GAME CHANGER: Ultimate Frisbee leagues (sometimes just called "Ultimate") have sprung up across the country: players dive, jump and pass the disk into an end zone. It's a great workout, says Melissa Witmer, who runs a training academy for Ultimate players in the US. And you don't need to join a team – use Ultimate Frisbee as inspiration and send your friends tough-to-catch leading passes. Visit SouthAfrica.UltimateCentral.com for more info. ■



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MASTER THE MOVE LUNGE

Tone up your tush with this essential move

By Michelle October



TAKE IT UP A NOTCH

HOT Add walking lunges: lunge for 10 steps, then turn around and lunge back. Repeat twice more.

SCORCHING Add some weight to the workout: perform the above walking lunges while carrying light dumbbells at your sides.

KILOJOULE-CRUSHER Lose the weights and try jumping lunges: from a normal lunge position, jump up, switching legs in mid-air and landing back in a lunge.

Aim for 12 (six on each leg).

But stop if you lose form.

Lunges are for legs, squats are for bums, right? Wrong. "The lunge is a much better movement to target the glutes (butt muscles) and thighs," says Mark Kramer, lecturer in biomechanics and exercise physiology at the Nelson Mandela Metropolitan University. "It also addresses imbalances since some people might be stronger or weaker on one side."

It's a compound movement, meaning you target multiple

areas at once – including your core. And while it's a great tool to sculpt your butt and legs, a study in the *Journal of Strength & Conditioning Research* found that lunges also improved sprinting speed in athletes. "It'll enhance your ability to jump and run, improve your posture and challenge your stability," says Cape Town-based physiotherapist Shanaaz Solomon.

The key to mastering this move is in your posture: wobbling is a sign that you're doing it wrong, says Solomon. Start by bracing those tummy muscles. "It's a common mistake to forget to use your core," says Solomon. If you're still teetering, shorten your step distance.

Watch yourself sideways in a mirror – "poor form can result in lower-back, knee and hip pain," advises Solomon.

LEARN THE LINGO "Hip Flexors"

They're not a new übercool stretch, but an important group of muscles, found around the hip area, that help you lift your knees and bend at your waist. Poor hip mobility likely means tight hip flexors. Hurt something while lunging? Could be your hip flexors. And it affects your lunge form, says Solomon.

The test: "Watch for forward tilting of your hips or an increase in your lumbar curvature (the curve in your lower back)," says Solomon.

The fix: Stretch them with a glute bridge – lie on your back, knees bent and lift hips off the floor, pressing your heels into the floor for stability. Hold briefly, then lower and repeat.

AVOID IF:

- > You have hip or knee pain.
- > You're struggling to do them correctly, because you lose your balance.
- > You've got poor mobility in your hips and lower back – this could lead to injury.

15

MINUTE WORKOUT

TRAVEL TONE-UP

No matter where you are, this sculpting routine requires just one thing: yourself

Ah, the holidays – time for poolside margaritas, not treadmill slogs in musty hotel gyms. But sneaking in exercise while you're away is crucial to staying on top of your game. Skip it and it'll be that much harder to get back on the proverbial horse at home. And – just saying – umbrella drinks don't exactly burn themselves off.

Solution? A just-the-essentials routine that puts every muscle through its paces, no equipment required. "This workout is simple, but it'll seriously crank your heart rate and metabolism," says strength and conditioning specialist Jen Ator, author of *Shape-Up Shortcuts*. You'll also increase your flexibility and core strength and sculpt your butt, legs and shoulders, so you can get back to that sun lounger asap.

Make this set your travel go-to, or do it three times a week as a super-efficient workout. Starting with the first exercise, perform as many reps as you can in 50 seconds, rest for 10, then move on to the next. After all four moves, rest for one minute. Repeat two more times for three circuits total.

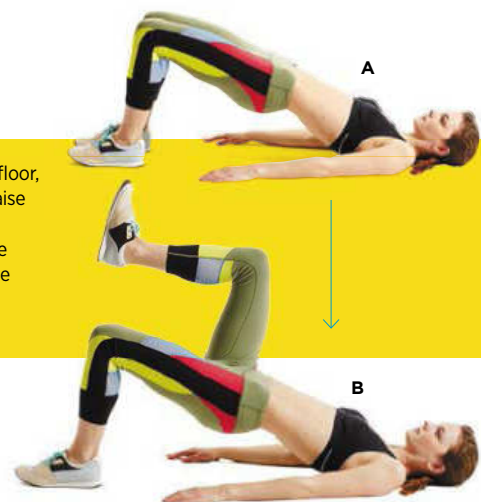
You'll need: Floor space; a mat (optional)



Moves extracted from *The Women's Health Big Book of 15-Minute Workouts*, available at Fitshop.co.za

1 Marching glute bridge

Lie face-up with your knees bent, feet flat on the floor, arms by your sides. Press through your heels to raise your hips so your body forms a straight line from shoulders to knees (A). Raise your right foot, knee bent at 90 degrees, until your shin is parallel to the floor (B). Hold for three seconds, then lower your foot and repeat with the left. Alternate.



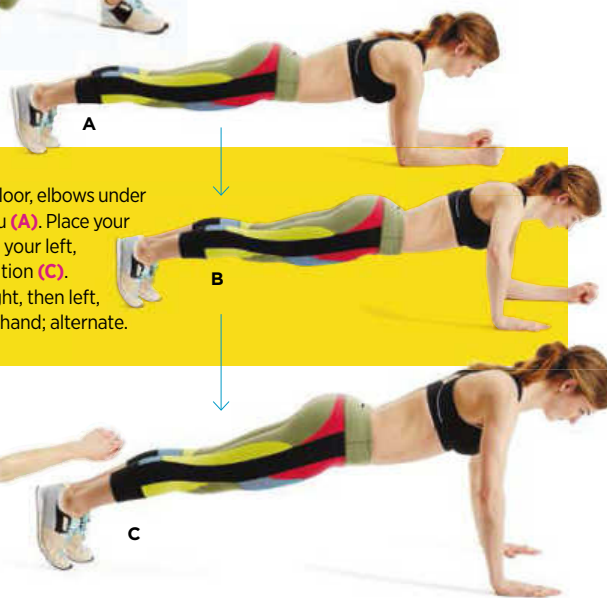
2 Alternating reverse lunge

Stand with feet hip-width apart, hands clasped behind your head (A). Step back with your right leg and lower your body until your left knee is bent 90 degrees (B). Push back up to start. That's one rep. Switch legs and repeat.



3 Plank builders

Get into plank position, forearms on the floor, elbows under your shoulders, legs extended behind you (A). Place your right hand flat on the floor (B), and then your left, straightening your arms to push-up position (C). Return to start by lowering onto your right, then left, forearms. Repeat, leading with your left hand; alternate.



4 Skater hop

Cross your left leg behind your right and lower into a half-squat, your right arm out to the side, left arm across your hips (A). Hop to the left, switching your legs and arms (B). That's one rep. Keep hopping quickly, alternating from side to side.





Kirsten and her boyfriend lost 53kg combined!



BEFORE
87kg
AFTER
58kg

YOU
LOSE,
YOU
WIN!

I'm a running addict now!

"I tried half-heartedly and repeatedly to be more active, but I never really gave it a proper go," says Kirsten van Rooyen about her lifestyle as a heavy girl. A typical sofa spud, Kirsten would hop on the stationary bike at the gym and people-watch for 20 minutes, pretending she was working out. Until one day, people-watching stopped cutting it for her.

THE GAIN

"Pastries, pasta, pizza, bread... You name it, I ate it," says Kirsten. Growing up, she thought she had "puppy fat" and attributed her extra kilos to being big-boned. Added to that, Kirsten hadn't tried to change her weight fate. "I never really tried to alter my lifestyle or maintain a healthier one, so it was a consistent weight gain since I finished school," she says.

THE CHANGE

Eventually, enough was enough. "I hated getting dressed and looking at myself in the mirror," she admits. Her self-esteem hit an all-time low and going out turned into a nightmare. "I wished I could vanish into the walls at social events; I felt so conscious of my size," she says. She finally realised she "had the power to change" – and she did.

THE LIFESTYLE

To start, Kirsten tracked her meals using the app MyFitnessPal. She also took her gym routine more seriously. By using her sister and boyfriend as cheerleaders, she held herself accountable to her workout and food regimen: five small meals a day, consisting of protein and veg, coupled with lots of water, and 30 to 40 minutes of cardio three times a week. "Not long after I started to change my habits, my boyfriend joined me and now we both eat healthily and exercise," says Kirsten. Once she'd become accustomed to the exercise, her sister, a sports science student, devised a workout plan for her, with each day focusing on a different muscle group: "A mix of weight machines, free weights and body-weight exercises," she says.

THE REWARD

"In six months I'd lost 20kg. It was easy to lose the weight – it's maintaining the lifestyle that was tough," says Kirsten. She can run 10 kms in under an hour, can lift heavy weights and has dropped four dress sizes. And it doesn't end there. Kirsten inspired people around her to get in shape too. Together with her boyfriend, they've lost 53kg combined and her dad's lost a whopping 26kg too.

Vitals

Kirsten van Rooyen,
24, Kempton Park

Occupation ▶ Business solutions strategist

Height ▶ 1.68m

Time taken to lose weight ▶ 10 months

Secret weapons ▶ Great people and a goal

Lesson learnt ▶ "You can do anything when you have people in your corner"

KIRSTEN'S TIPS

> **Know that you can.** "There's a nasty little voice in your head that'll whisper that you can't do it. Listen to the loud voice that says: you can!"

> **Get some support.** "My sister and my boyfriend were there to keep my chin up when I was unsure of myself."

> **You're not a number.** "Don't let the scale, your jeans size or any other number define your happiness."

...PADKOS Good



POPCORN (AIR-POPPED)

Per 100g: 1 630kJ, 13g protein, 4.5g fat (0.6g sat), 77g carbs, 14.5g fibre, 8mg sodium

Better



BILTONG (LEAN VENISON)

Per 100g: 986kJ, 51g protein, 3g fat (0.6g sat), 0 carbs, 0g fibre, 1 820mg sodium

Best!



TRAIL MIX

Per 100g: 1 951kJ, 13.2g protein, 25.8g fat (3.5g sat), 40.8g carbs, 10.2g fibre, 7.9mg sodium

Popcorn is low in kilojoules, heart smart and full of fibre for gut health. A better option: biltong, which can increase satiety and energy, but is high in sodium, so alternate your choice in protein with a hard-boiled egg (if you don't mind the smell). Top snack: trail mix staves off hunger and has tons of antioxidants and micronutrients for continuous energy supply throughout your travels.



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Think Before You Ink

Jonesing for some body art? Cool.
Just don't tattoo the dragon
symbol of House Targaryen on your
butt until you read this safety primer

By Malia Jacobson

Long gone are the days when tats were just for bikers, rockers and “rebels”. Body art, as a form of self-expression, is now as common as motivational quotes on Facebook feeds. But while you may be tempted to seal your summer romance with an everlasting symbol of your love, there are many factors that you need to take into account.

"Tattoos are more socially acceptable, especially with celebs and TV shows making them mainstream," says dermatologist Dr Joyce Fox. Case in point: tattoo conventions firmly have their place on SA's events calendars along with food fairs and home-decor expos. The annual Tattoo-A-Thon – in aid of Child Cancer Foundation SA – took place countrywide in October and the Cool Inc Tattoo Expo was held in Pretoria at the beginning of November. But with the rising number of people getting inked, naturally comes the rise of removal. While formal stats aren't available for SA, American dermatologists erased 52 percent more tattoos in 2013 compared with the year before.

Often lost in all this is the fact that tattoos do involve some health risks – and your medical insurer is unlikely to be sympathetic. Whether you're getting a fresh design or wiping out a regret, side-step infection (or worse) by following this guide to going under the needle.

Shop around

Approach getting a tattoo as you would buying a car: do your research and be picky. Choose an artist based on recommendations and online reviews. Make sure his or her style meshes with yours – the dude known for barbed wire and skulls may not be best for your dainty orchid. Drop in for a visit and don't be shy! Ask to see the artist's licence and the shop's operating documents. Expired or missing paperwork? Move on.

True colours

Next, consider the ink itself. Every tattoo softens with age, but yellows, pinks and other light tones are most likely to fade and black is the most enduring, explains tattoo artist Levi Greenacres.

Black, however, might also be the sketchiest: it can include carcinogenic carbon and a recent study found 100 percent of black inks tested contained dibutyl phthalate, a chemical that's been linked to obesity and breast cancer, says dermatologist Dr Joel Schlessinger. Though most research suggests the threat is relatively small, it may still be smart to choose black as an outline or accent as opposed to the main attraction. That said, no ink is totally risk-free. Many contain heavy metals such as iron, lead and aluminium, which lend hues lasting brightness – and which, in rare cases, can cause mild to severe allergic reactions. In general, blues and greens may be safest; blacks and reds less so. Concerned? Seek out highly rated parlours that use reputable brands of pigment, and ask a lot of questions.

Pick your spot

As with real estate, location is key. Inking around or over moles can make it hard to ID changes in size or shape – potential markers for melanoma. Designs on the lower back might create a problem should you want an epidural for childbirth: when that numbing needle pierces the tattoo, metal from the ink can travel into the spinal cord, potentially damaging your nervous system. Tats on supple areas such as the butt and breasts may change shape over time; those on shoulders are frequently exposed to pigment-fading sunlight; and nonfleshy areas like your neck, rib cage and ankles tend to be most sensitive. In other words, it's really about picking your poison. Also, don't forget to consider your nine-to-five. If visible ink is frowned upon in your field, choose an easy-to-hide spot such as your hip.

Prep for it

The night before your appointment, get at least eight hours of shut-eye: sleep can help dial down your pain response. The morning of, make sure you shower to slash your risk of infection and eat a healthy meal – stable blood sugar means you're less likely to faint. Caffeine can make it hard for you to sit still, so skip chugging coffee; also forgo any meds containing aspirin (like Disprin or Grand-Pa), which can up your bleeding potential. And don't even think about liquid courage. Booze thins the blood and raises bleeding risk too. Plus, some tattoo parlours won't work on you if you're three sheets to the wind.

The big prick

You'll be spending some serious quality time with the needle – expect around 180 000 jabs in a 60-minute sesh – so it's imperative that the needle is new. Needles should never ever be reused. Make sure your artist removes a fresh one from a sterilised, sealed package.

Tubes, trays and ink pots should also be single-use, pre-sterilised and sealed, says Fox. Non-disposable equipment such as scissors must come straight from an autoclave, a medical-grade sterilising machine. We can't stress this enough. Dirty needles and unsanitary environments can spread tetanus, hepatitis, staph infections and the antibiotic-resistant bacteria MRSA.

After hours

You made it through! Your new art should be cleaned, coated in antibacterial ointment – and bandaged. Keep it under wraps for 48 hours, then let it air to heal. Tenderness, itchiness and scabs are normal for a week or two; swelling and pus are signs of infection and worth a call to your doctor. Rare allergic

reactions can cause dandruff-like flakes, acne-type rashes, or popcorn-kernel-size red bumps – all good reasons to see your dermatologist asap. Otherwise, your skin should recover in two to three weeks. Speed up the process by moisturising once or twice daily with a scent-free lotion (fragranced formulas can irritate tender skin), avoiding chlorinated pools and using a broad-spectrum sunscreen of at least SPF 50 – both chlorine and sunlight can cause fading. Don't exfoliate, as scrubbing can mar your hard-earned design. Some aficionados keep their tattoo colours extra crisp with a touch-up within the first six months, then again every few years. ■

Need It Gone, Girl?

More and more tattoos are destined for deletion. If yours is among them, see a dermatologist or cosmetic surgeon for safe removal by laser, says dermatologist Dr Roy Geronemus. It'll sting both your skin and your wallet, unfortunately. Intense pulses, which feel like the snap of an elastic band (you can request anaesthetic), shatter ink into tiny fragments that your body absorbs and eliminates. Plan to invest around six months – treatments are scheduled about six weeks apart – and a grand or two.

Be aware: about 25 percent of dark-skinned patients may lose some natural skin pigmentation temporarily or permanently. And don't waste time or money on fad creams sold online – tat ink is embedded way deeper than a topical lotion can reach.

Get More!

Want to read about the WH team's tats and stories? Visit WomensHealthSA.co.za

YOUR BODY ON... GIFTS

Doesn't matter if you're
giving or receiving
– your brain straight-up
loves a fab pressie



The anticipation

If you're doling out the goods, your brain's regions for intellect, memory and emotion are busy trying to ID the perfect present for that special someone. All the activity can leave you excited and anxious.

On the receiving end? Sneaking a peek at a wrapped gift can ignite your noggin's reward centre, releasing the feel-good neurotransmitter dopamine. If your mate

hints that what's inside is beyond awesome, you should both experience this anticipatory pleasure surge.

The exchange

If you gave or received a winner, your brain's reasoning and emotion centres pump out oxytocin, the so-called love or bonding chemical. Women tend to get bigger hits of the

stuff than guys do – score! That, in turn, unleashes stress-reducing serotonin. Things can become even more intense when it's a big gift or a huge surprise. The brain fires off arousal signals, which rev up your pulse, tense your muscles and dilate your pupils. And yebo, there's loads more of that oxytocin, too.

If what you unwrap is more ough than whoop, the area of your brain that deals with disappointment lights up. With little or no oxytocin rush, you may feel emotionally distant from the giver. One study even found that, after an unsatisfying gift exchange, men rated themselves as less compatible with their girlfriends. Shallow, much?

The aftermath

Saying thank you – and meaning it – can increase optimism and overall well-being for both parties. Less altruistic bonus: gratitude can also spur on future largesse.

Givers, take note: generosity can trigger extra happy hormones that may keep you cheerful for up to three months – a receiver's high, by contrast, typically lasts only a few weeks to one month.

LIVED
TO TELL

Safety First

Survive the silly season with these tips from Arrive Alive

- 1/ **Get enough rest** – being sleepy behind the wheel is just as dangerous as driving drunk.
- 2/ **Time your drive** – accidents occur most frequently at closing time for bars and clubs.
- 3/ **Wear. Your. Seatbelt.** A mere 40 percent of South Africans buckle up, yet research shows it reduces your chance of death or serious injury in a car crash by 75 percent.
- 4/ **Be seen** – drive with your lights on, even in daylight.
- 5/ **Save this ER number** to your phone: **084 124.**

I Survived... Dying

A car accident left 48-year-old Cesaltina da Cunha medically dead at the scene, but miraculously, she lived to tell the tale



Cesaltina da Cunha proved her surgeon wrong and is fitter than ever.

I had just dropped my youngest child at school in May 2009 and was on my way to work our three horses in Krugersdorp, where I live. I was driving at 112km/hour when a reckless driver jumped a stop street and smashed into my vehicle on the driver's side. The chassis folded in two and I was trapped in the passenger seat, where the impact had shifted me.

My only visible injury was a long jagged cut from my right cheek to my ear, but I had no heartbeat or pulse and had stopped breathing. I was pronounced dead.

At school, my daughter somehow sensed something was wrong and started to pray for me. After some time, the paramedics managed to get a pulse, stabilised me and I was taken to hospital.

My pelvis was fractured in four places on the right side. I had four broken ribs, a punctured lung, which had filled with fluid, and, by the time I was wheeled into theatre, my chances of survival were slim.

I lay in hospital for 35 days waiting for my broken body to mend, followed by six months

of intensive rehab – one leg was shorter than the other due to the way my pelvis had fractured. It was another nine months before I could walk without crutches.

At 48 I still did ballet and martial arts, trained horses and taught personal training. When the orthopaedic surgeon told me I would never be the same again, that I would have pain for the rest of my life and swimming would be my only exercise, I thanked him. I resolved to prove him wrong on all counts.

I've just turned 54 and I still teach personal training, do Ballet Barre and Tae Bo and I can still sail a catamaran in high-speed winds. The permanent scar across my cheek reminds me of that almost-fateful day. Pain is my daily validation that I'm stronger than what happened to me. It's a miracle that I survived and I know I was given a second chance to be the person I was meant to be, to be there for my children and to live my best life.

Do you have a story about a life-changing physical, emotional or psychological health experience? Write to us at TelIWH@WomensHealthSA.co.za with "Lived To Tell" in the subject line.



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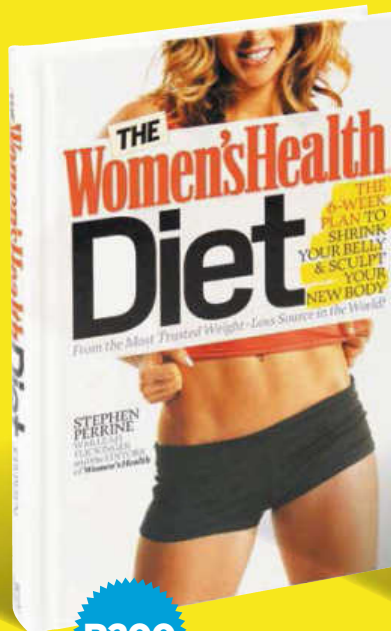


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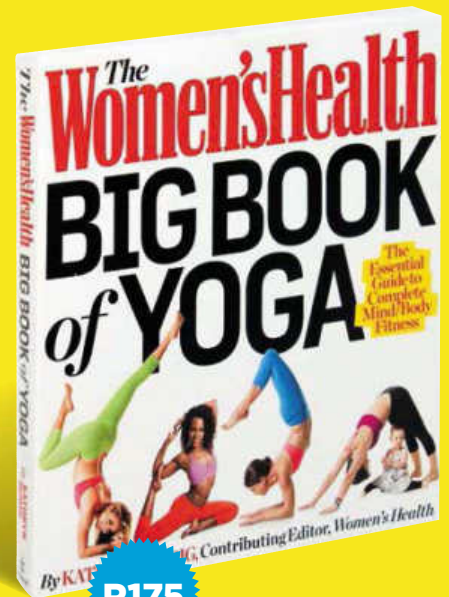
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Bite Size

Your guests are ravenous, but the bird won't be done for another hour – and your pots and pans are otherwise occupied. Learn how to make eight easy, super-flavourful appetisers in no time...

By Renee Loux

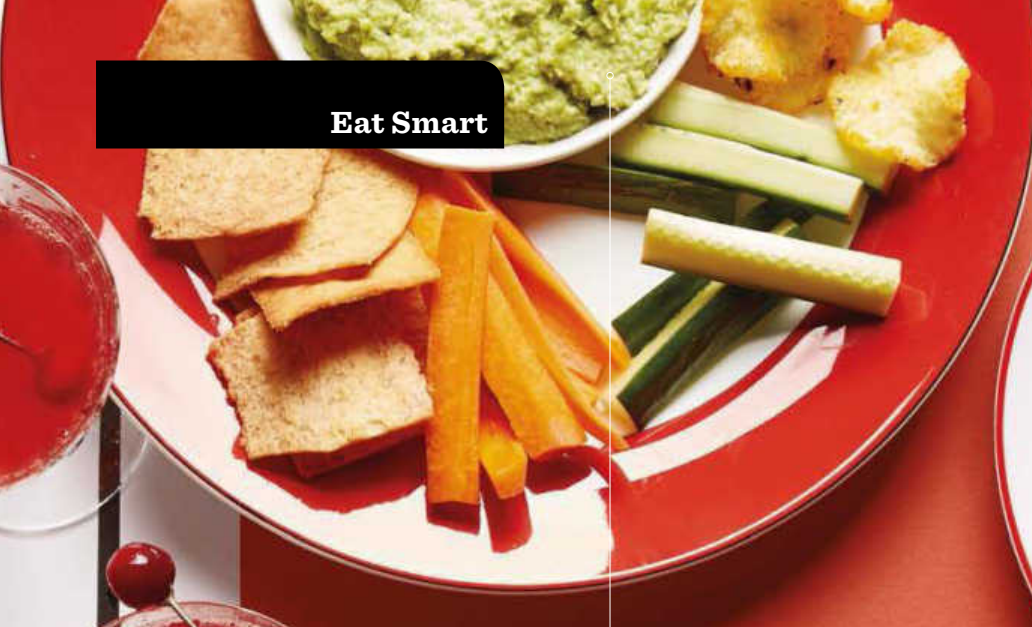
CHILLED BUTTERNUT SHOOTERS
(page 68)

BRANDIED GRAPES
(page 67)

FRUITY FLATBREAD

Brush two 20cm wholewheat tortillas or gluten-free wraps with olive oil. Thinly slice a pear (or apple) and arrange it over tortillas, leaving a centimetre border. Top with a quarter cup crumbled feta and one teaspoon each olive oil and balsamic vinegar. Place on a baking sheet in a 180°C oven for 10 minutes, until edges are crispy. Cool slightly. Garnish with 30g rocket, three tablespoons pomegranate arils, half a teaspoon balsamic vinegar and salt and pepper, to taste. Cut each tortilla into eight slices.

SERVES 8. Per serving (2 slices):
251kJ, 2.5g fat (1g sat), 9g carbs,
95mg sodium, 1g fibre, 2g protein



Eat Smart

EDAMAME DIP

In a food processor or blender, combine three cups shelled edamame beans, one tablespoon extra-virgin olive oil, one tablespoon rice vinegar, two teaspoons minced fresh ginger, one teaspoon toasted sesame oil, half a teaspoon sea salt and half a cup water. Blend until the mixture is smooth. Serve with rice crackers, pita chips, celery, cucumber and carrot sticks.

SERVES 12. Per serving: 251kJ, 3g fat (0g sat), 5g carbs, 80mg sodium, 2g fibre, 4g protein



NEED A DRINK?

Sparkling Cranberry Pear Punch

1½ cups cranberry juice + 1 cup apple juice + 1 litre sparkling water or sparkling white wine + 1 orange, sliced, for garnishing.



LOADED SWEET POTATO BITES

Cut a large, peeled sweet potato into three-millimetre-thick slices and toss with one tablespoon olive oil and a pinch of flaky sea salt. Spread the slices in a single layer on a parchment-lined sheet and bake in a 230°C oven for 20 minutes, flipping with a spatula after 10 minutes, until golden and lightly browned. Allow the slices to cool completely. Top each with half a teaspoon Greek yoghurt and a drop or two of hot sauce. Sprinkle with sliced spring onion and season with additional sea salt and pepper to taste.

SERVES 8. Per serving (3 bites): 167kJ, 1.5g fat (0g sat), 5g carbs, 55mg sodium, 1g fibre, 1g protein



BEET SALAD ON A STICK

Rinse, peel and steam 225g of baby beetroot for 10 to 15 minutes. Halve the beets and, using 12 (15cm) skewers, spear each half. Fold two baby-spinach leaves in half and add these on the skewers with a small chunk of goat's milk cheese. Arrange all the sticks on a serving plate, drizzle with one teaspoon balsamic reduction and sprinkle with 60g crushed candied walnuts. If you don't have balsamic reduction, whisk together half a teaspoon regular balsamic vinegar and half a teaspoon honey for a similar taste.

SERVES 6. Per serving (2 skewers): 418kJ, 7g fat (2.5g sat), 7g carbs, 5g sugar, 100mg sodium, 1g fibre, 4g protein

FISH 'N' CHIPS

Arrange 24 kettle-cooked potato chips on a serving platter. Divide 120g smoked salmon among chips. Spoon a quarter teaspoon crème fraîche (or sour cream) over each piece of salmon and sprinkle with fresh dill and freshly ground black pepper.

SERVES 8. Per serving (3 bites): 334kJ, 3.5g fat (1g sat), 2g carbs, 15mg sodium, 0g fibre, 9g protein

BRANDIED GRAPES

(Shown on page 65)

Whisk together a third cup honey, two tablespoons each brandy and freshly squeezed lemon juice and a small pinch cinnamon. Pour over 450g halved grapes and stir gently to coat. Chill in the fridge for at least four hours

or overnight.

To serve, divide grapes and juice among 24 tasting spoons and garnish with fresh tarragon and freshly ground black pepper.

SERVES 8. Per serving (3 spoons): 376kJ, 0g fat, 22g carbs, 0mg sodium, 1g fibre, 0g protein

FIG SLICES

While we love whole figs, be kilojoule-savvy by making smaller bites. Quarter six figs lengthwise,

then make a slit in each quarter along the top ridge. Stuff each quarter with thyme and an almond. Arrange quarters on a serving tray, drizzle with one teaspoon

maple syrup or honey and sprinkle with thyme, lemon zest and flaky sea salt.

SERVES 8. Per serving (3 bites): 209kJ, 2g fat (0g sat), 9g carbs, 25mg sodium, 2g fibre, 1g protein

**A
SEASONAL
ISSUE**

Figs have two seasons:

a quick season in early summer and a longer season in autumn. If you buy out of season they tend to be quite expensive, so unless you have an abundance, it's better on the pocket to quarter the figs. But if you want to be indulgent, serve them whole, partially sliced and stuffed (as pictured).

**CHILLED
BUTTERNUT
SHOOTERS**

(Shown on page 65)

In a saucepan, whisk together two cups vegetable stock, 425g puréed butternut and four teaspoons Thai red curry paste over medium-high heat. Bring to a simmer

and cook for three minutes, stirring occasionally. Add one tin low-fat coconut milk, reserving three tablespoons for garnishing, and cook until hot (about three minutes). Add salt to taste. Refrigerate for two hours. Pour into 24 shot glasses and

top with reserved coconut milk, a red jalapeño slice and a fresh coriander leaf and serve.

SERVES 8. Per serving (3 shots): 251kJ, 4g fat (3g sat), 6g carbs, 50mg sodium, 1g fibre, 1g protein ■



FIT FOR ROYALTY

The H620FI fridge from Hisense has less energy consumption. Energy usage is significantly reduced thus protecting your wallet and the environment at the same time. The H620FI features an elegant touch panel allowing you to change your refrigerator's settings in a stylish manner.

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Hisense

Scale Down

Menu decoder

THE BAR

Avoid turning happy hour sour with these smart choices...

WHITE WINE

CHOOSE:

Higher alcohol means more kilojoules, so try to order a white wine with an alcohol volume of around 12. Sauvignon Blancs, unwooded Chenin Blancs and Rieslings are often lighter – just check the bottle. Make a spritzer to stretch it out.

LOSE:

Thankfully with it being summer, we're more inclined to order crisp, fresh white wines than a heavy Chardonnay with an alcohol volume to match (usually around 14). You could save yourself almost 100kJ per glass.

SPIRITS

CHOOSE:

Upgrade your gin habit and swap the G&T for a 480kJ Gin Rickey – that's gin, soda and lots of fresh lime juice. One regular tonic can contain up to five teaspoons of sugar.

LOSE:

Steer clear of black Sambuca. A shot of the stuff contains 430kJ and more than 11g of sugar. Yep: just one shot. Now that is hard to swallow.

COCKTAILS

CHOOSE:

Sparkling wines are generally low-kilojoule. Nutritionist Helen Walker suggests trying a Champagne cocktail, like a Bellini, with some natural, fresh fruit nectar.

LOSE:

Say no to Long Island iced tea as it has about the same number of kilojoules as six McDonald's nuggets. That'll be the vodka, rum, gin, tequila and triple sec...

RED WINE

CHOOSE:

Pick a full-bodied wine like a Shiraz – around 490kJ for a medium glass – because it has the most heart-friendly antioxidants.

LOSE:

Pay attention to the alcohol levels again. Some Cab Sauv's may be as high as 14.5. And share – splitting a bottle between the whole table will ensure you don't scoff half of it yourself. Also, drink water in between!

BEER & CIDER

CHOOSE:

Any "light" beer is the obvious choice. Stellenbrau Governor's Red Lager contains a measly 31kJ per 100ml (compared to your average brew, which can pack around 160kJ per 100ml).

LOSE:

Ciders and fruit beers don't count as one of your five-a-day and can rack up around 800kJ per drink. Also keep an eye on the alcohol levels – avoid anything above five percent (we're looking at you Savanna Dry).



Tip: Craving salt? Swap nuts for olives. "A handful contains just 270kJ," says Walker. "The equivalent amount of dry salted nuts has 1180kJ."

#WHLOVES

Readers walking the talk



@MrandMrsRads on Twitter:
"Healthy body, healthy mind."
The Raddalls tagged us in this gorgeous green juice! Great way to get your nutrients each morning.
#FiveADay



@legselevensa on Instagram:
"As summer slowly starts to creep in, the team at *Women's Health* have provided a few fitness tips to prepare us for the silly season!"



@mgpt_fitperformance on Instagram:
"Adding plenty of fresh veggies to my bolognese sauce for lunch today! Learn to enjoy cooking your own meals and you'll find yourself eating and feeling better!"



@blondy_minus_b on Twitter:
"Just when I'd given up, @WomensHealthSA got me going again." Keep it up Londi Msimang!

Hello world!

At *Women's Health* we don't just dig documenting our healthy, active lifestyles – we love it when you do too! Check out our social stars this month, as well as our highlights on social media

#SOCIALSTAR

WHO: @HealthyGirl_With_A_SweetTooth

Andene Thomson, the Durban-based blogger behind Healthy Girl With A Sweet Tooth, loves sugar. "I remember thinking to myself one day, *There has to be a way I can make healthier treats that are better for me,*" she says. She now shares her guilt-free recipes online. But how else does she balance out her sweet tooth? By working out! "I've found the perfect workout mix – a blend of core strength, plyometrics, stability training, HIIT, running, Pilates and yoga." Visit Healthygirl.co.za, or follow her on Twitter at @AndeneThomson and on Instagram at @HealthyGirl_With_A_SweetTooth – and check out WomensHealthSA.co.za for her acai smoothie-bowl recipe!



#WHONTHEGO

WH DID...

Editor @Danweakley hit NYC. Her Big Apple essentials: "Nike Zoom Elite trainers for hitting the streets at pace and in style; black leather trousers, because black + leather = NYC + perfect = day + night = street style + sports luxe; Clarins Multi-Active Day and Night Recovery cream for hydration, pollution, regeneration and SPF." Where are you heading these holidays? Tag us in your travel pics!



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Scale Down

Close The Door On Cravings

Wanna fast-track your weight loss?
Forget peeking at the scale – turn your attention to the fridge

By Becky Fletcher

Fridge magnet? Learn to play it cool...

Chances are you unpack your weekly grocery shopping with as much thought as you give to Sunday's laundry. A triangle of Brie on the top shelf; milk in the left-hand corner with the garlic and dark chocolate. Be warned: research shows where you put your food can have a big impact on how you eat, so it's time to become fridge aware. Here's how to stack and snack yourself slimmer.

Colour code

Ever open your fridge and feel like it's an out-take from TLC's *Hoarding: Buried Alive*? We know the feeling. What we bet you didn't know, though, is research from the *Journal of Consumer Psychology* found a cluttered fridge can crush your willpower. Weight-loss coach Nicky Anstey explains that in a busy fridge, the bright, attractive packaging of less healthy products distracts you from the more earthy colours of your fresh produce – there's a reason McDonalds chose a red and yellow colour scheme.

Both these colours have been proven to boost your appetite, particularly red, which signals ripeness and sweetness, according to research published in the *Journal of Sensory Studies*. So ditch the strawberry cheesecake and replace it with red- or yellow-hued healthy snacks. Pass the peppers, please.

Make eye contact

“Place your healthiest snacks and food with the most nutrients at eye level,” says eating and behavioural therapist James Lamper. “So if you get the munchies, they’ll be the first thing you see when you open the fridge.” According to a US study, you’re 2.7 times more likely to eat healthy food if it’s in your line of sight. If you want to go the extra mile, store your naughty treats at the back of the fridge and the bottom of the pile. A study led by nutritional behaviour professor Dr Brian Wansink suggests the

more inconvenient the location of your chocolate, the less likely you are to reach for it.

Buy big, eat small

A study published in the *Journal of Marketing* found people eat larger quantities of junk food if it’s kept in clear packages. The same research also showed when your naughty treats are bite size, you’re more likely to eat more. Our advice: buy the bowling ball of Edam rather than seductive mini cheeselings. And keep your chocolate and cheese in opaque Tupperware at the back of the fridge. Plus, if you can, make the containers blue. Studies show that blue is a common appetite suppressant.

Chop to slim

A healthy snack can curb hunger throughout the day and keep you fuller for longer.

Chill To Perfection

The fridge digits to ramp up your food’s nutrition

2 to 3°C

The ideal temperature to keep nasty bacteria at bay. TIP: Cold air sinks, so the bottom of the fridge is coolest. Keep your raw meat here.

4 to 5°C

Your non-perishables like butter, jam and eggs need to be in the warmest part of the fridge. TIP: Keep them on the top shelf of your fridge door.

13°C

Cucumbers will taste perfect at this temperature. That’s the key to keeping them crunchy. TIP: Wrap them in a dish cloth and keep on the top shelf.

21°C

Yes, room temp. Leave watermelon out to double its lycopene and beta-carotene content. TIP: Leave it for a few days, then pop in the fridge a day before eating.

Try make your snacks fruit and veg and ensure they’re pre-cut – that way you’re more likely to munch them. After hitting the supermarket, immediately wash, cut and store. Also place that tub of pre-cut veggies next to a tub of hummus or low-kilojoule yoghurt-dill dip. Carrot sticks? Bleh. Carrot sticks and dip? Mmm, much more appealing!

Fit for flavour

Kilojoule-conscious eating doesn’t mean boring fare. Keeping an arsenal of diet-friendly flavourings inside the door of your fridge can make any meal moreish. Try mustard, low-sodium soy sauce, Tabasco and herbs like chives, thyme and rosemary. They can be loosely placed in cling film and popped in the warmest part of the fridge (one of the compartments in the door). ■

WH Online > visit WomensHealthSA.co.za for a sneak peek inside the WH team’s fridges!



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The low-calorie squash.



“Sex is meant to be pleasurable but with the dryness I experience, it often isn’t. Advice?”

Dryness in sex is a common problem, experienced by women of all ages – menopausal and not. So rest assured, you’re not alone. Knowing this though clearly doesn’t lessen or solve the issue. Dryness prior to sex or during sex can have negative consequences – chief amongst them, of course, avoiding intimacy, which is clearly a problem in itself. How you feel about your sexuality is important and can cement your relationship and promote emotional well-being. The truth is, sexuality in women is a complex process: complex in that it can be affected by a multitude of factors, including ageing, health and one’s personal experiences. The bottom line though is that pleasurable sex requires a willing mind as well as a willing body. You must want to partake physically and emotionally and there are a number of dynamics at play.

Challenges that could manifest include:

- Limited desire
- A lack of arousal
- Difficulty in achieving orgasm
- Pain and discomfort during penetration

“Dryness in sex is a common problem, experienced by women of all ages – menopausal and not”

The result? Stress, and a sexual experience that is unsatisfactory and unfulfilling. We’d wager that there are not a whole lot of women out there who would continue engaging in sexual intercourse if it were anything other than pleasurable. And yet a lack of sex could lead to all sorts of problems, including the straining of relationships and the breakdown of marriages. Whilst one could always buy a lubricant or gel (and there are a number of them on the market), we would recommend a product called Evarmiles™ Gel.

“Applied topically, Evarmiles™ Gel encourages the engorgement of the external genitalia, leading to the natural moistening of the vagina and vulva*”

Evarmiles™ Gel is a unique patented formulation derived from natural herbs and has an active ingredient called Visnadine, which is commonly found in the seeds of a plant (Ammi visnaga). It’s clinically tested and shown to stimulate external female genitalia (clitoris and labia minora) for a more pleasurable sexual experience. Once arousal takes place, Evarmiles™ Gel enhances lubrication, leading to fulfilling sex without pain. Let’s face it, that’s what every woman would like to have, whether self-pleasuring or doing it with your partner. No need to buy an additional lubricant, Evarmiles™ Gel will help you to self-lubricate, whilst helping you get in the mood in the right places. In other words, it’s an aid to what your body should be doing naturally. (Indeed, studies conducted with Visnadine in menopausal and pre-menopausal women indicate an increase in sexual comfort and enhanced lubrication). This being the case, if you decide to use it, please remember that it is not a contraceptive and does not prevent sexually-transmitted diseases. (Also, don’t use it if you are allergic to any of its ingredients). Evarmiles™ Gel is intended for external use only, so don’t apply it in the vagina itself. Rather, gently massage a small amount (about 2 or 3 grams - approximately the size of a pea) to the external genital area. As a product, Evarmiles™ Gel is non-staining, non-greasy,

leaves no traces on undergarments and can be used recreationally so as to help you avoid painful sex and make sex more enjoyable. (Simply apply it ten minutes before sex or as necessary). Frequent usage (where dryness in the intimate area is a constant challenge) helps improve its effects so be sure to apply it once a day for four to six weeks, repeating the cycle at various intervals.

“No need to buy additional lubricant, Evarmiles™ Gel will stimulate you and help you self-lubricate”

Endorsed by internationally-accredited Couple and Sex Therapist, Dr Eve, the product is available on the Dr Eve online store www.dreveshop.co.za and also in pharmacies nationwide without prescription. Whilst Evarmiles™ Gel is an aid to sexual satisfaction, it is not the answer to all sexual problems so please bear this in mind when asking for it in-store. For anything serious, rather speak to your pharmacist, sexologist or gynaecologist.

Used regularly, Evarmiles™ Gel should leave a long-lasting smile on your face...





sex & love

What's Your EQ?

**Don't know your anal beads
from your pearl necklaces?**

Find out what your erotic
quotient is with this quiz

By Lucy Vine

THE QUESTIONS

1 WHAT CAN THE WHIPLR APP DO FOR YOU?

- A. Just like Silentó's video, you can watch and learn how to whip/nae nae.
- B. Connect you with BDSM fans in your area.
- C. Aimed at those with a penchant for food in the bedroom, it shows you how to, er, get the cream out quickly.

2 WHAT DOES "PHARAOHS" HAVE TO DO WITH SEX?

- A. It's a private fantasy club.
- B. It's a kinky dress-up game.
- C. It's the erotic version of *The Mummy*.

3 WHAT IS "PEGGING"?

- A. DIY S&M – clothes pegs, some string and a bedpost. The nipples can be yours or his.
- B. You wear a strap-on dildo and introduce him to the delights of anal intercourse.
- C. A fetish movement involving pirates. Johnny Depp has a lot to answer for.

4 WHAT WILL YOU FIND AT PENCOURAGE.COM?

- A. Sexy stationery – like the love child of CNA and Victoria's Secret.
- B. A confessional website for sexy diary entries.
- C. The entire back catalogue of Sean Penn's naked film stills – especially around his *Dead Man Walking* days.

5 "HOT OCTOPUSS": WHAT'S IT GOT TO DO WITH HIS PENIS?

- A. Hopefully nothing, given that it sounds highly infectious.
- B. They created the very first "guybrator".
- C. It's a seafood dish that will increase his libido. The new oysters, if you will.

6 HAVE YOU TRIED "BODY SLIDING" WITH MR NORI?

- A. Mr Nori taught maths in Grade 11. So, no.
- B. I may well have done if it was on a sweaty dance floor, circa 2002.
- C. The Nuru Massage thing? Yes, I'm all over it.

NOW SEE HOW YOU SCORED

See, that wasn't so *hard*... Or was it? Check the panel opposite to find out how well you performed. Mentally we mean, of course.

THE ANSWERS

QUESTION 1

ANSWER: B, YES, IT'S A BDSM FAN APP

Since people don't tattoo "I love BDSM" on their foreheads, the trickiest part of finding a likeminded person is, well, finding one. Asking someone, "Hey, so do you prefer leather or latex whips?" may result in a slap – and not a pleasurable one. Enter Whiplr, the Tinder of BDSM, which connects you with people in your area who are up for the same type of fun you enjoy. Whip it real good!

QUESTION 2

ANSWER: A, A PRIVATE FANTASY CLUB

If you've ever wondered whether those illicit masked parties really exist, here's your answer. Except this one isn't anonymous. Based in Joburg, the invite-only club allows consenting adults to live out their fantasies, whether that's to be a voyeur, to swing, or have plain, fun sex. Different rooms allow for novel experiences, but there's no pressure on anyone to get involved. Not in Joburg? Sign up with SwingingHeaven.

za.com for meets in your area. Intrigued yet?

QUESTION 3

ANSWER: B, WE'RE TALKING FEMALE-MALE ANAL

The term "pegging" came along in 2001 after an advice column set a competition to find it a name, but it's been around since at least the Fifties, when it was described in William S Burroughs' *Naked Lunch*. Start gently using a small silicone dildo (it's soft and can be sterilised), then take things slowly. Oh, and use lube. An awful lot of lube.

QUESTION 4

ANSWER: B, SEXY DIARY ENTRIES

Zero relation to our own diaries – "quickie between *The Sopranos* repeats" – the boundless reams of confessional filth on Pencourage makes *Fifty Shades of Grey* read like *Creative Knitting*. It's a social network with more than 25 000 entries on affairs, threesomes and porn. You may need to sift through some boring stuff first though.

QUESTION 5

ANSWER: B, IT IS INDEED A MALE MASTURBATOR

Yep, it's called Pulse and is a tiny device that wraps around his member and oscillates to get him off. He can also "wear it" while lying on top of you – there's a pulsing stimulation point in it for you too. (From R1 419, Matildas.co.za.)

Oh, and for bonus LOLs, the company's motto: "Go ahead, Spunk, make my day." Genius. Come on...

QUESTION 6

ANSWER: C, SEXY SORT OF MASSAGE

So, body sliding is the latest sex act getting people hot and slippery. Also known as a Nuru Massage, it's a body-to-body sensual massage with a special massage "gel" (read: get oiled and naked-slide all over each other). Nurux The Real Premium Nuru Massage Gel (R744, Shopping. All4Women.co.za) is the secret ingredient. Want to spoil yourself? Get the Deluxe Nuru Massage Set, including mattress (R7 056, Shopping. All4Women.co.za).

HOW DID YOU SCORE?

EQ SCORE: 0-1 YOU'RE LOST IN POUND TOWN

Don't know what Pound Town is? Point made. You're more dildon't than dildo. If your lack of knowledge stems from embarrassment, don't worry, there's plenty of self-education out there. "Start with some reading," says UK female orgy company founder Emma Sayle. "Try FrolicMe.com, where you can download erotic stories and films made specifically for women." If libido is an issue, try a natural amino acid like Solal Technologies Arginine (R216, Solal.co.za). It could well give you the oomph you're looking for.

EQ SCORE: 2-4 YOU'RE EROTICALLY AVERAGE

It's not as though you're in need of a copy of *Sex For Dummies*, but, equally, sex didn't stop with Rampant Rabbits and Carrie Bradshaw either. Pad out your missing knowledge spots by holding a Pure Romance party (PureRomance.co.za) – like Tupperware parties, but replace Clip 'n Lock with, ahem, clit 'n cock. An expert advisor will host a group session to give you a working knowledge of the latest products on the market. Who knows? That portable lace love swing may be just what your sex life's been lacking.

EQ SCORE: 5-6 YOU'RE A DIRTY, SEXUAL GENIUS

Congrats! You're *au fait* with the latest sex terms... But are you putting your knowledge to practice? Sex therapist Drew Lawson suggests getting ahead of the game at MakeLoveNotPorn.com, where you and your partner can watch real couples going at it, and TheNewTantra.com, where you can read about "womb orgasms" (really). Prefer to keep your hands well occupied? Get stuck into a hard copy of *Blue Mondays* by Emily Dubberley. Need a minute? ■

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- Longer lasting relief from chronic candida¹
- Effective relief from thrush for at least six months^{1*}
- Easy softgel capsule² with no aftertaste³

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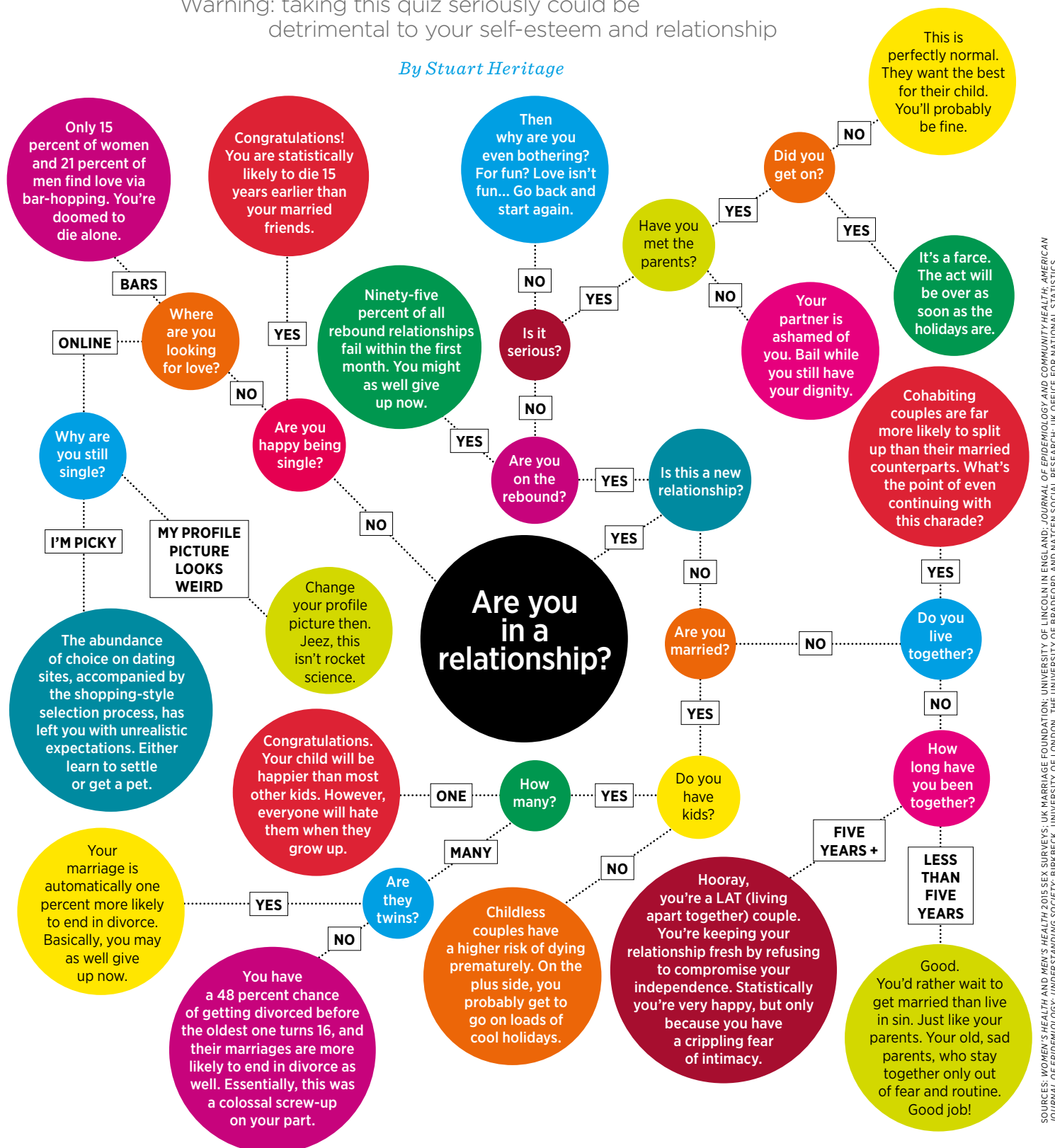
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* Individual results may vary 1. Kumari A, Bishier MP, Naito Y, et al. Protective effect of an oral natural phytonutrient in recurrent vulvovaginal candidiasis: a 12-month study. J Biol Regul Homeost Agents 2011;25(4):545-53. 2. Kolorex® Advanced Care package insert. 3. Damayanthi RD, Narayanan N et al. Soft Gelatin Capsules – A review. The Pharma Review (February – March, 2008)4. Marketed and distributed by: Glenmark Pharmaceuticals (Pty) Ltd. Unit 7 & 8 York House, Tybalt Place, 185 Howick Close, Waterfall Business Park, Vorna Valley. Tel: 011 564 3900. Fax: 011 564 3939. www.glenmarkpharma.co.za KOL0023

A Grinch's Guide To Your Romantic Happiness

Warning: taking this quiz seriously could be detrimental to your self-esteem and relationship

By Stuart Heritage



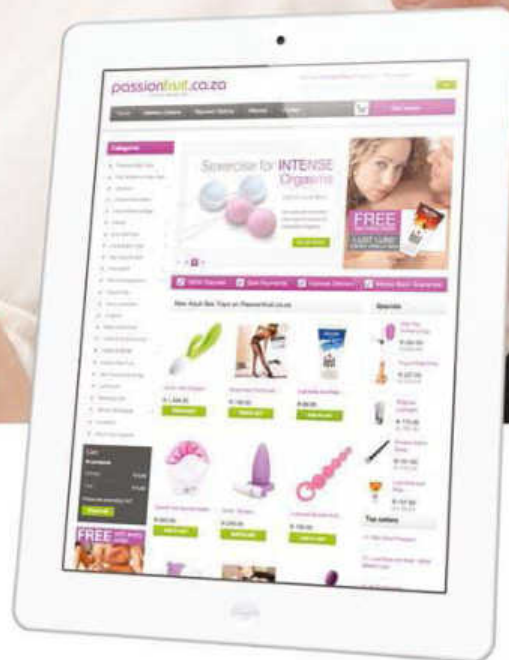
SOURCES: WOMEN'S HEALTH AND MEN'S HEALTH 2015 SEX SURVEYS; UK MARRIAGE FOUNDATION; UNIVERSITY OF LINCOLN IN ENGLAND; JOURNAL OF EPIDEMIOLOGY AND COMMUNITY HEALTH; AMERICAN JOURNAL OF EPIDEMIOLOGY; UNDERSTANDING SOCIETY; BIRKBECK; UNIVERSITY OF BRADFORD AND NATCEN SOCIAL RESEARCH; UK OFFICE FOR NATIONAL STATISTICS



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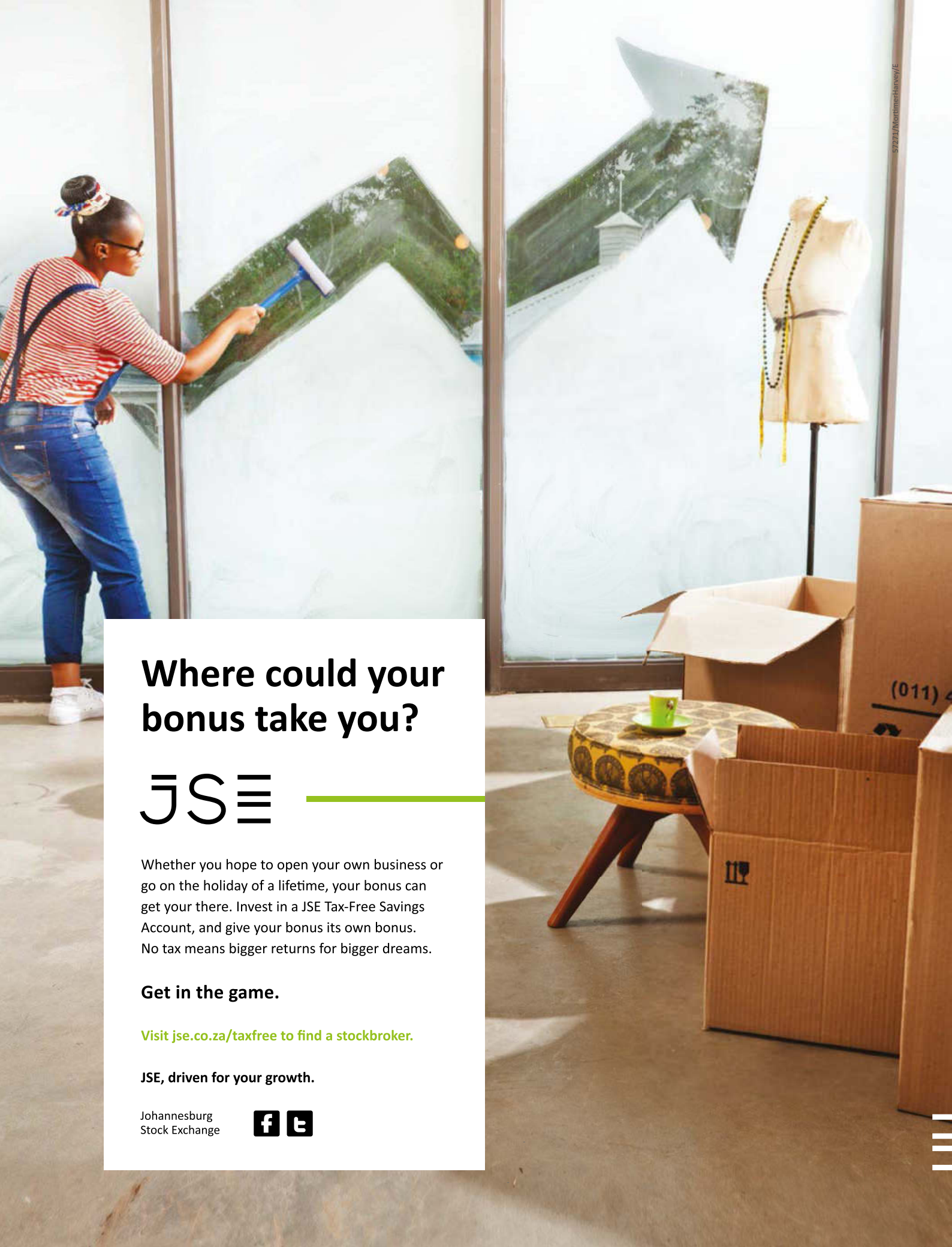
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Live a sexier life



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Stock Exchange



A woman in a futuristic visor and a man in a backpack. The woman is in the foreground, wearing a black visor with a white stripe and a yellow earplug. She is looking to the right. The man is behind her, wearing a backpack with a colorful pattern and a white wristband. He is looking to the left. The background is a light blue gradient.

SHIELD YOUR EYES AND PROTECT YOUR SKIN IN STYLE WITH THIS ADRIAAN KUITERS +JODY PAULSEN VISOR, R480, AKJP COLLECTIVE.

Back in action

Why lug a tog bag when you can have a multipurpose backpack? No ordinary carry-on, this Swash London Backpack, R2 699, Puma, features multiple zip compartments and secure clips, a secondary waist band and mesh-covered back pads for comfort.

BUDDS by DJ Fresh, R699, Gobudds.co.za; vivofit 2 activity tracker, R2 249, Garmin

Swimsuit, R2 099, Seafolly at Pacific Group

HOT BUTTONS

WH TECH GUIDE 2015

TIME FOR AN UPGRADE!

For your home, business, travel and entertainment... Here, 2015's best gadgets

1

Viewing pleasure

HISENSE ULED 4K TV

From R29 999, Makro

The new ULED 4K TV brings you better picture quality, in high dynamic range, with whites appearing brighter and blacks deeper. The cherry on top? It uses less power than previous models, but you get a quicker response time. And when you're desperate for your next series fix, that click couldn't come fast enough!



2/The big screen

LG 65" ULTRA HD TV

R23 000, Makro

For a real home-cinematic experience, opt for a large screen. The 65" Ultra features its new WebOS 2.0 interface, released this year. Navigate easily with Launcher to switch between apps and live TV, plus get access to LG's content store. And you can hop onto your Wi-Fi to watch YouTube videos on-screen. Jamie Oliver cooking lessons on the big screen? Yes, please!

FOR HOME

3/ Coffee on call

SMARTER iKETTLE WI-FI 1.0

R1 585, Store.Orange.com/za

Imagine waking up to boiled water ready for your morning coffee, or getting home after a long day to make tea instantly? The iKettle lets you do just that via a smartphone app. Pre-boil your kettle from anywhere and control the temperature too. Features a fun "game mode" for the family. Compatible with Android and iOS.

4/ Moveable movie night

LENOVO YOGA TABLET 2 PRO

R7 999, Takealot.com

The name is deceiving – this tab won't have you doing downward dog, but it will stretch your home entertainment horizons with its built-in projector. This 13.3" tablet has Dolby surround sound, a subwoofer and supports multi-window view. It's powerful enough for the boardroom and the expandable storage means you can take your fave TV series virtually anywhere. >

Upgrade your life with nifty tech hacks.



PHILIPS HUE STARTER KIT

R6 119, Wantitall.co.za
Control the hue of your light bulbs from your smartphone. Bright idea!



BELKIN KITCHEN CABINET MOUNT FOR TABLETS

R499, Macnificent.co.za
This makes browsing recipes a breeze.



MIPOW PLAYBULB
BLUETOOTH CANDLE R265,
Store.Orange.com/za
Light up your lounge.
Suck it load-shedding!



LIKE HIIT?
WEARING THE
CORRECT SHOES IS
ESSENTIAL. THESE
CROSS COMPETE
TRAINERS,
R999, NIKE AT
TOTALSPORTS,
ARE LIGHTWEIGHT
WITH EXPOSED
FLYWIRE CABLES
FOR SUPPORT.
HEXAGONAL
FLEX GROOVES
AND AGGRESSIVE
TRACTION.

TRACK YOUR
EXERCISE AND
MONITOR YOUR
HEART RATE
FROM YOUR
WRIST WITH THE
FITBIT CHARGE
HR, R2 499, CAPE
UNION MART.

Holding court

Not your everyday
frock, this dress,
R1900, Freddy.co.za,
is made with WR.UP
shaping technology,
a combo of flexibility
and suck-you-in
material that helps
hide the lumps
and bumps.

Chops hanger bud
headphones, R299,
Skullcandy at Luksbrands.co.za; arm pocket, R349,
Totalsports; TalkBand B2,
R2 699, *Huawei* (page 90)

Backpack, R1 199, *Topshop*;
bangles, R259 for set of
two, *Zara*

5

Sync your life

**SAMSUNG GALAXY TAB S
10.5" LTE***R7 999, Samsung Experience
Store or Takealot.com*

This super-slim tablet with LTE connectivity is all about productivity. Features multi-window support, SideSync that lets you view your smartphone screen on the tablet or take calls with selected handsets. Security fanatic? You'll love the fingerprint scanner.

WIN THIS!
see page 98
for details

**FOR BUSINESS**

6/ Slim and sexy

ASUS ZENBOOK*R11 999, Dion Wired*

It's slim, lightweight and packed with high-end features, making the Asus ZenBook more than just the most wanted Ultrabook on the market. A quad HD display with vivid colours means you'll struggle to tear your eyes from the screen.

7/ Bigger is better

IPAD PRO*POA, istoreonline.co.za*

Coming soon is the largest iPad ever made. At 12.9", it's meant to let you get more creative and productive, with the introduction of a stylus simply called Apple Pencil. Once it's paired with a Bluetooth keyboard, you probably won't need a laptop anymore.

8/ The indestructibles

LACIE RUGGED MINI 1TB*R1 799, istoreonline.co.za*

LaCie's Rugged range of hard drives in its iconic orange colour has been around for a while. Password-protect all your important documents at lightning speed (USB 3.0), without worrying about damage. It's shock-, rain- and pressure-resistant; can survive a 1.2m fall or get driven over by a one-ton car. There's no getting rid of this one!



**LIVESCRIBE 3 SMARTPEN
PRO EDITION R3 399,**
Shopandship.co.za
Everything you write on
paper appears digitally.



**SANDISK IXPAND FLASH
DRIVE 32GB R1 499,**
Incredible Connection
Copying content from
your iDevice is a breeze.



KNOMO CAVENDISH 14"
R2 499,
istoreonline.co.za
The leather bag can hold
a 14" laptop in a sleeve.

On the move

We all love a bit of bling, but that doesn't mean it has to be uncomfortable! This sequin top, R700, Reebok, is shiny on the outside with mesh-layered protection on the inside. Plus, the deep arm holes mean no chafing.

Moto 360 watch, R3 695, *Motorola* (page 91)

Bikini bottoms, R259, *Topshop*; mesh skirt, R980, W35T at *MeMeMe*; Sol Le Wit necklace, R350, and Ju Ju necklace, R650, both *Pichulik.com*

TRAIL RUNNER? INVESTING IN A WATER-RESISTANT PHONE POUCH IS KEY. LIKEWISE IF YOUR COUSIN THINKS TOSSING YOU IN THE POOL IS A FUN IDEA. THEY MAKE GREAT STOCKING FILLERS TOO, R99, COTTON ON.

SUPER-CUSHIONING WITH SUPERB NOISE-CANCELLING TECHNOLOGY, THE LEVEL ON HEADPHONES, R2 499, *SAMSUNG EXPERIENCE STORE*, ARE SO COMFY YOU COULD WEAR THEM ALL DAY!



Hit the streets

As the day changes into night, dress up your sports luxe wear with a crop jacket. Go for super-lightweight – just enough to take a slight chill off, like this Rita Ora jacket, R899, Adidas Originals.

Pivothead Durango glasses, R3 499, *Cape Union Mart* (opposite page); Pop smart watch, R1 499, Cogito at *Hi-online.co.za*

Sports bra, R449, Adidas at *Totalsports*; pants, R1 800, W35T at *MeMeMe*; McQ lace-disk sneakers, R2 000, *Puma*

WANT TO MAKE CALLS, TEXT, BROWSE SOCIAL MEDIA AND TRACK YOUR FITNESS ALL WITHOUT YOUR PHONE? THEN PUT THE APPLE WATCH SPORT 42MM SPACE GREY WITH BLACK SPORT BAND, R6 799, *ISTOREONLINE.CO.ZA*, ON YOUR WISH LIST!

ROWER? WEIGHT LIFTER? GO YOU! THE FEELING OF ROUGH CALLUSES ON YOUR HAND... NOT SEXY. SORT THAT OUT NOW WITH A PAIR OF ALPHA GRIPS, R300, NIKE AT *TOTALSPORTS*.

9



Virtual vacay

SAMSUNG GEAR VR INNOVATOR EDITIONR3 499, [Samsung Experience Store](#)

Want to escape reality? Virtual reality is unlike anything you've experienced before with this headset. Get transported into an immersive world with a cinema-like viewing experience and 360-degree surround sound. Content can be downloaded from the Oculus store; pairs with Galaxy S6 and S6 Edge.

FOR ENTERTAINMENT

10/ Drone on

DJI PHANTOM 2 VISION DRONER5 999, [TheGadgetShop.co.za](#)

Now anybody can capture aerial footage with minimal technical skills. Capture 1080p HD footage and 14MP stills in the 25 minutes of flying time from a single charge. Fun – just watch out for neighbours in the nude!

11/ May the Force be with you

BB-8 DROID BY SPHEROR2 799, [istoreonline.co.za](#)

As seen in the *Star Wars: The Force Awakens* trailer, this new adorable character has taken the Internet by storm. The good news is that you can buy him, control him, record virtual holographic videos and just let him evolve as you interact with him over time. We adore him!

12/ Spy-cam sunnies

PIVOTHEAD DURANGOR3 499, [Cape Union Mart](#)

Wearable imaging very much exists, in the form of the Pivothead Durango. It's a pair of sunglasses that records video, hands-free. It's capable of full 1080p HD video, and 8MP still images in either burst or time lapse mode. Comes with 8GB flash storage and is available in bronze and matt or glossy black. Just make sure people know you're recording. >



WIN THIS!
see page 98
for details



WIN THIS!
see page 98
for details

**NEW NINTENDO 3DS**

R2 499, [Takealot.com](#)
Kill time with better 3D graphics and changeable cover plates.



LOGITECH G910 ORION SPARK GAMING KEYBOARD
R3 814, [Takealot.com](#)
Hooray for colour-coded and customisable keys!



**KINDER
TO YOUR
HAIR
COLOUR***

**20%
SHINIER
HAIR***



ghd
good hair day, every day

*vs a styler working at 230°C

LOVE YOUR VOLLEYBALL? THEN THE TOUCH ZERO ONE WATCH, R1 650, SWATCH GROUP, IS FOR YOU! FINALLY A WAY TO TRACK THE BEST BALLER ON YOUR TEAM - KILOJOULES, STEPS, CLAPS AND ALL.

TOO SELF-CONSCIOUS FOR A CROP, BUT A T-SHIRT SEEMS OPPRESSIVE? HELLO MIDDLE GROUND! TRY A LASER-CUT TOP LIKE THIS, R600, REEBOK, WHICH HAS DEEP ARM HOLES (GREAT FOR RUNNING).

Bottoms up

Super-comfy and flexible, those aren't just another pair of mini denims. These "shorts" are made from one-millimetre-thick wetsuit material, called neoprene, R800, Billabong. They maintain flexibility over a wide temperature range, plus you won't lose them in a body-surf tumble. Phew!

Knockout headphones, R1 599, Skullcandy at Luksbrands.co.za; MyKronoz ZeFit Pulse watch, R799, Hi-online.co.za

Sports bra, R959, *Lorna Jane*; PVC bag, R459, *Zara*; blue iPad case, R900, and nylon tablet case, R700, both *Ted Baker*

13



Get direction

TOMTOM GO 5100 AUTOMOTIVE GPS

R3 824, Loot.co.za

WIN THIS!
see page 98
for details

TomTom's GO 5100 is hard to beat. It comes with worldwide maps, live traffic and speed cameras via a built-in SIM with unlimited data and roaming. What more could any traveller ask for? Maps are interactive, supporting pinch, zoom and swipe. Mount it on your dashboard and off you go.

FOR TRAVEL



14



15



16

WIN THIS!
see page 98
for details

14/ Laptop lite

MACBOOK 12"

R19 600, istoreonline.co.za

The stunning new MacBook is so light, it makes even the MacBook Air seem cumbersome. Despite its small frame, it features a redesigned full-size keyboard, amazing battery life and a crisp retina display. Weighing a ridiculous 907g, it's your ideal travel companion.

15/ Press record

GOPRO HERO4 SESSION

R5 299, Cape Union Mart

If you thought the original GoPro was compact, this is exactly half its size. Wearable and mountable, this action camera is flexible, captures high-definition footage (1440 at 30fps; 1080p at 60fps; 720p at 100fps) and 8MP photos, including burst mode. You can literally use it anywhere, even 10m under water, with single button control.

16/ Music to your ears

SAMSUNG LEVEL ON HEADPHONES

R2 499, Samsung Experience Store

If you're a frequent traveller, noise-cancelling headphones are a must. These are the perfect all-in-one package – stylish design, studio sound, touch controls and did we mention wireless? Features NFC and Bluetooth pairing, up to 23 hours battery life – and folds away into a super-convenient little pouch. >



KINDLE PAPERWHITE
Wi-Fi R2 700,
Incredible Connection
The PaperWhite has no glare – ideal for 2am reads.



XIAOMI 10400MAH
POWER BANK
R460, Takealot.com
Get up to four charges on your smartphone.



REDUCES HAIR BREAKAGE BY OVER 50%*



ghd
good hair day, every day

*vs a styler working at 230°C



WIN THIS!
see page 98
for details

18

FOR ANYWHERE

18/ Band it

GARMIN VÍVOFIT 2

R2 249, Garmin.co.za

Track your daily steps and activities with this fitness tracker. The small screen displays your vital statistics like daily steps, kilojoules burnt, distance and sleep patterns. It learns your activity level and assigns you a personalised daily goal. It's water-resistant and has a one-year battery life. A selection of colourful accessory bands are available.

19/ Just keep swimming

SONY XPERIA Z4 TABLET

R9 250, Store.Orange.com/za

This 10.1" tablet's slim design makes it portable and easy to pop into your handbag. It features a high-quality 2K display, high-res sound, unbeaten battery life up to 17 hours, a speedy processor and, as if it couldn't get any better, it's completely waterproof. Yes, it's capable of taking photos while you're swimming for up to 30 minutes at a depth of 1.5m.

17

Cam with creativity

SAMSUNG GALAXY 2 GC-200 ANDROID CAMERA

R4 359, Takealot.com

Because it runs on Android you can share high-quality photos easily over Wi-Fi, without copying to a PC first. The 16MP shooter has an incredible 21x optical zoom, built-in editing tools and a range of smart shooting features. The 4.8" touchscreen is big enough to access Facebook, Instagram and other favourite apps. Has NFC, Photo Beam and Remote Viewfinder capabilities.



17



19

WIN THIS!
see page 98
for details



FUJIFILM INSTAX MINI 8
INSTANT FILM CAMERA
R899, Superbalist.com
Creates credit-card-size
photos immediately.



HUAWEI TALKBAND B2
R2 699, Takealot.com
Doubles up as your
activity tracker and
Bluetooth headset.



SELFIE STICK
R299, Itoys.co.za
A selfie stick with
a Bluetooth remote
shutter means quick pics!



20/ Plug in!

GRIFFIN POWERDOCK 5

R1 599, DigiCape.co.za

You know the situation too well – everyone wants to charge their devices in the lounge at the same time. No more fighting over plug points! The Griffin Powerdock 5 is capable of charging up to five devices simultaneously. Androids, iPods, iPhones, iPads and Kindles are all supported, with a backrest for each device.

21/ Wrist PA

MOTOROLA MOTO 360

R3 695, Store.Orange.com/za

The Moto 360 was the first smartwatch that got everyone's attention with its classic round face and elegant, minimalist design. All push notifications on your Android handset are mirrored on the watch. Saying, "Okay, Google" triggers voice commands like getting directions, sending texts, checking the weather or setting reminders.

22/ Sound cloud nine

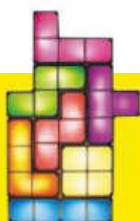
URBANEARS PLATTAN ADV HEADPHONES

R599, Istoreonline.co.za

Stand out from the crowd with these headphones that have a selection of colours to suit everyone. Offering high-quality sound, they have a detachable cord with built-in mic and remote, which makes the headband washable (awesome for gym bunnies!). A nifty ZoundPlug feature lets a friend connect their earphones to yours to listen to your music. Bonus: the foldable design means you'll be taking them everywhere. ■



WIN THIS!
see page 98
for details



TETRIS LIGHT

R795, Mantality.co.za

A fun way to brighten up your desk or flat in unique patterns.



KNOMAD MINI

R350, Istoreonline.co.za

An organiser for your cables, earphones, passport, smartphone and 8" tablet.



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ALL EYES ON YOU

Being anonymous is no longer an option – you're leaving a constant footprint, from credit cards to being caught by on-street surveillance cameras... Feeling anxious? Social-media analyst Dr Jennifer Goldbeck checks the mental and social costs of the system



**SPECIAL
REPORT**

How To

Clean Your Online Footprint

Every day, nearly everywhere I go, I'm being followed. That's not paranoia. It's a fact:

- * On my local streets, I am constantly watched by surveillance cameras. There are the ones in parks and office buildings, at ATMs and, of course, around every government building and landmark.
- * Whenever I'm online, a wealth of info about my interests and routines is collected behind the scenes. I have an add-on to my browser that blocks companies from tracking my searches and visits. In one month, it reported stopping nearly 16 000 separate attempts to access my data online.
- * I'm monitored offline too. Anytime I use a reward card at a supermarket, department store or other shop, my purchase is recorded and the data used to predict my future purchases (to guide me to make them in that store). Tracking based on purchase records can conclude that a woman is pregnant and roughly when she is due.
- * My own devices report on me. I carry an iPhone, which tracks and records my every movement. This will help me find my phone if I ever lose it (I haven't yet), but it also provides Apple with a treasure trove of data about my daily habits.

Big Brother is here. He's everywhere. In many cases, we've invited him in. So the question we have to ask now is, how does this constant surveillance affect us and our mental health – and what, if anything, can we do about it? E-tolling means the government knows exactly where you're driving and when. "Our communications can be intercepted in terms of the Regulation of Interception of Communications and Provision of Communication-Related Information Act (Rica) and the government also has mass surveillance capacities that don't require an interception direction from a judge to use," says Jane Duncan, author of *The Rise of the Securocrats*. "Our activities are also being recorded on CCTV cameras when we go out in public." In terms of the Rica, metadata (information on any call you make or email you send) may be collected and stored for up to three years.

Zero privacy

There's no question that with the help of technology, our privacy has been eroded as much as our affection for *Friends* reruns. There's also little question that those most responsible aren't much inclined to stop anytime soon. As tech businessman Scott McNealy famously said: "You have zero privacy anyway. Get over it."

The thing about privacy is, if we never think about it, we may not realise it's gone. In 2015, does it still matter? Prof Elias Aboujaoude, author of *Virtually You: The Dangerous Powers of the E-Personality*, insists that it does. "We can't afford to just 'get over it,'" he says. "At its heart, this is about our psychological autonomy and the maintenance of some semblance of control over the various little details that make us who we are."

In other words, in today's high surveillance environment, with so much

In the digital age, it's not always easy to shake off a bad rep. Here, we help you tidy things in your favour

What others see

- * Most potential employers or dates will google you, so do it first to find out what needs sorting. If your Facebook profile appears, hide it by opening your Facebook privacy settings and choosing "no" on "do you want other search engines to link to your timeline?"
- * Does your old Tumblr dedicated to Justin Theroux's eyebrows pop up? Consider whether you'd want a recruiter to stumble upon it. Delete it if it's embarrassing – and if you've written a post on someone else's blog, ask them to take it down.

personal information accessible to other people, our ability to manage their impression of us is at risk, says Ian Brown, senior research fellow at the UK's Oxford Internet Institute and author of *Research Handbook on Governance of the Internet*. The fact that we can gain so much information about someone through a Google search means revealing info often trumps our ability to make a first impression on a date or at a job interview. So people may treat us differently based on what they've discovered online.

One thing's for sure, we're responsible for much of this. Along with all of the personal information we voluntarily, often eagerly, share on Instagram and Facebook – and few of us take advantage of software or strategies to limit our digital footprint – we collectively upload 144 000 hours of video footage a day to YouTube. With tech enthusiasts trumpeting personal drones as the next hot item, we may soon be equipped to photograph ourselves and, just as easily, our neighbours, from above. Might be time to get some new undies for the washing line.

What you show

✱ Cyber safety expert Leonie Smith suggests setting up a Google Alert (google.com/alerts) for your name, so that if it appears anywhere online, you'll be notified. But, she warns: "This won't work for posts written on social media, news posts or blog posts."

✱ To sort out the social-media stuff, in Facebook settings, go to "timeline and tagging" and set everything to "friends" or "only me", not "everyone". Enable "review posts that friends tag you in". Also, so that no one outside your friends can see that you once liked a pic of Aqua, go to "who can see my stuff" and switch "limit the audience for posts you've shared" to "limit past posts".

✱ In your Instagram profile, click on "photos of you" (on the far right, below your bio). To untag yourself, tap on the picture, then your name, then "more options" and "remove me". While you're at it, click on the gear icon (top right corner). Make sure "add manually" is your default – so people need your okay to tag you.

What you tweeted

✱ Delete any tweets that may be offensive or were posted when you were on the far side of a bottle of Pinot. Use Twitter's "download archive" function – go to your account

settings (click on your profile icon, then select "settings" from the drop-down menu). Scroll down and click on "request your archive". Open the zip file Twitter emails you

and open the "index.html" file to review your history of tweets – including retweets and mentions. Click "view in Twitter", then go forth and delete your business.



The right to be forgotten

Human ability to forget past events, or at least to let them recede in our minds, is critical for decision-making, says Prof Viktor Mayer-Schönberger, author of *Delete: The Virtue of Forgetting in the Digital Age*. As we naturally forget things over time, we can move on and make future choices without difficult or embarrassing episodes clouding our outlook. But when our decisions are tangled up in the perfect memory of the Internet, we must factor in the online effect before every new step. "We may lose a fundamental human capacity: to live and act firmly in the present," he says.

If you were a party girl through varsity or dated some random types at 18, and now you want to be boss lady, you may find that public records and posted photos permanently hold you back. These digital reminders can inhibit your desire to change. If you can never erase the record of one mistake you made long ago, what motivation do you have to become anyone different from the person who made that mistake? Why bother moving beyond

conflicts with others if the sources of those disputes are still online? With these digital reminders, bygones can't always be bygones.

This could change in the future. The most successful legal campaign yet against permanent digital records hinges on "the right to be forgotten". Spanish lawyer Mario Costeja González sued Google over search results that threw up an old article about one of his unpaid debts. The European Court of Justice ruled in his favour, stating that even if the information about him is true, it's "irrelevant, or no longer relevant" and should be blocked from searches on Google (and other browsers). Google is now working to implement a means for European users to request that information be removed from searches. "While this ruling doesn't apply directly to South Africa, it's likely to have an important influence on the judiciary here, which may well use it in future cases," says Duncan. Their use may be supported by the Protection of Personal Information (POPI) Act, which gives people control of their personal information, and to demand

alteration if the information is inaccurate, she adds. "The POPI Act doesn't apply to journalism, however, so people such as politicians and other public figures can't use POPI to demand that embarrassing information is expunged from the public domain to prevent critical reporting."

Snap happy or paranoid?

SA is rolling out more and more CCTV cameras and some of them are being installed with invasive automatic-number-plate recognition and facial recognition tech, says Duncan. "If not regulated properly, these technologies can violate a person's right to privacy." Meanwhile, in our offices, more employees than ever are being overseen with cameras, phone-call recordings, location tracking and email monitoring. Research published in the *Journal of Applied Psychology* found that increased surveillance in offices leads to decreased performance and lower job satisfaction. But as we become more clued up about online tracking, we're beginning to realise just how little we can do about constant surveillance – especially because so much of it is covert. >



Social scientists have begun to explore how near-constant surveillance affects our behaviour. We tend, for example, to be more cooperative and generous when we suspect someone is watching – a study by VU University in the Netherlands found that more people intervened when witnessing a (staged) crime if they knew they were being watched, either by others or a camera. However, we don't become more generous of spirit. Pierrick Bourrat, a grad student at the University of Sydney, and cognitive scientist Nicolas Baumard of the École Normale Supérieure in Paris,

studied how we judge other people's bad behaviour. They found that when subjects believed they were being watched, they rated others' actions more severely. One possible explanation: when we think we're being observed, we aim to project an image of moral uprightness through harsher-than-usual judgement of others.

The people strike back

What would happen if we tried to get rid of all the surveillance in our lives? You might think it would be empowering, but it may just make you paranoid, as Pulitzer Prize-

nominated investigative journalist Julia Angwin discovered when she tried for a year to prevent her life from being monitored. She used a disposable mobile phone. She encrypted her email accounts. She even developed a fake identity ("Ida Tarbell") to prevent her online and commercial activities from being tied to her real self. Angwin detailed these efforts in her 2014 book, *Dragnet Nation*, which relates her journey during which she lost trust in nearly every institution that holds her data. In the end, she achieved only partial success: her past data, after all, was stored by hundreds of brokers that traffic in information and she had no means of turning back the clock.

"The more I learnt, the more paranoid I became. I was refusing to have digital conversations with my friends without encryption. I began using my fake name for even trivial transactions; a friend was shocked when we took a yoga class together and I casually registered as Ida Tarbell."

The next level

Modern surveillance clearly does have benefits. CCTV helps detect crime and catch criminals. Mobile phone tracking and networked cars allow us to be found if we get lost or injured, and mapping apps are incredibly useful for directing us where we want to go. Our social media history helps providers put the content we prefer front and centre when we log on. And our online searches and purchase records allow marketers to offer us discounts at the places we shop most. Given the difficulty of completely avoiding being tracked, it can be reassuring to acknowledge this trade-off.

So do we need to be concerned about our privacy? A healthy amount of caution seems wise. "The issue of personal information is likely to increase as more people spend more time using devices which capture evermore detailed information about their lives, activities and communications," says Dr Mark Andrejevic, author of *iSpy: Surveillance and Power in the Interactive Era*.

Aboujaoude argues that only by having control of our own information can we develop an identity. "You are a psychologically autonomous individual if you have the option to keep your person to yourself and dole out the pieces as you see fit," he says. Who will we become if we don't have that option? We may soon find out. ■

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LIFESTYLE



WebMD

Have a doctor on call on your phone. It has an extensive symptom checker, info on a wide range of illnesses and alerts that remind you to take your meds. It syncs with your health tracker to help you set goals and monitor your health habits. All info is endorsed by qualified health professionals.



Tript

Forward all your flight and accommodation details to your Tript account so you have everything in one place.



MyFitnessPal

The ultimate virtual food diary, it calculates your daily kilojoule allowance according to your measurements and goals, then helps you balance your intake against how many kJ you burn with daily targets.



N+TC

Your personal trainer in an app, you'll have free access to dozens of expert workout videos. Perfect for travel.

PRODUCTIVITY



CamScanner

Scan documents straight to PDF. Supports multi-batch scanning, organises files neatly and enhances images. Life, sorted.



Banking

If you bank with any of the big four banks (FNB, Standard Bank, Absa, Nedbank), it's essential to download their apps. Life-changing.



Evernote

Take notes, save images and record audio; sync between desktop and mobile so you can work anywhere.



Todoist

Manage tasks and projects anywhere online or offline. Great for keeping on top of tasks for work and play, Todoist colour codes your priorities – it's perfect to download if you're planning a wedding.

MUSIC STREAMING



TuneIn Radio

Listen to virtually any radio station, podcast or show from around the world via your smartphone. Video did not kill the radio star.



Rdio

A 30-day free trial will let you decide whether the 25-million track library suits your music taste. Got a large family? It offers discounted family subscriptions.



Deezer

If you like the free trial, you have to pay to access the mobile app. Features the latest music globally, with over 35-million songs and 30 000 radio stations.



Simfy Africa

A 14-day free trial gains you access to over 27 million songs. Subscribe via your network or Edgars account. "Full Access" gives you offline play.

MOBILE PAYMENTS



SnapScan

Make sure you download this for the holidays! Sign up with any debit or credit card, create a PIN and you're all set to pay by scanning a QR code at your nearest food market, festival or shopping centre. Spending has never been easier.



Zapper

Works like SnapScan and found mainly in restaurants. It allows you to split the bill with friends and add a tip.



VCpay

If you don't have a credit card, download VCpay. It's a prepaid virtual credit card that works anywhere online or with services like Uber. Love!



MasterPass

This digital wallet supports most debit and credit cards and works at over 40 000 merchants locally and globally, like Takealot, FlySAA and Netflorist.

PHOTO EDITING



Boomerang from Instagram

Turn everyday moments into something exciting! Boomerang takes a burst of photos and stitches them together into a high-quality mini-video. Perfect for capturing jumps, cartwheels and kisses.



Snapseed

For photography enthusiasts who are serious about shooting on mobile and editing with precision. Packed with high-end features at no cost.



Photo Grid

Create collages and posters, stitch pictures or add text and stickers for unique results. Fun!



Camera360

This intuitive app turns your camera into a photo-editing suite, complete with multi-focus abilities and instant filters. Edit specific areas of your photo with one touch.

HIT THE ROAD



Nike+ Running

Like Facebook for runners, you can measure your mileage against what your friends are clocking, set one another challenges and take pics of your run in the app. It tracks your speed and time and lets you know each time you've broken a record.



PumaTrac

Keep tabs on how often you train, how many kilojoules you've burnt and your progress. We especially like the Discover function that uses GPS to show running routes near you mapped by other users.



Adidas Train & Run

Includes hundreds of free training plans built by Adidas' elite coaches. Tracks your route, pace and distance. Use the Adidas SPEED_CELL for accurate pace and distance. Works with the Adidas FIT SMART wrist-based heart-rate monitor and workout coach. Plus, you can listen to your fave music while you run.

WIN!

EVERYTHING

On This Page!



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6/ Fitbit Charge HR, worth R2 499
7/ Three pairs of BUDDS by DJ Fresh earphones, worth R699 each
8/ Two Hisense Infinity H7 Pureshot smartphones, worth R3 499 each
9/ TomTom GO 5100 Automotive GPS, worth R3 824
10/ Pivothead Durango, worth R3 499
11/ Knomad Mini, worth R350

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5 JUICY QUESTIONS FOR

Tim Robards

Hard work, but someone had to... We caught up with *Men's Health's* December cover guy, Tim Robards

Fast Talk

> Stay home or go out?

Bring the party to your house.

> Your shower song?

Sesame Street's Rubber Ducky, you're the one!

> Your bromance crush?

The Rock.

> Your first-date location?

Involving sun and water – paddle boarding then maybe a picnic on the beach. Mix of active and then some cheese, seafood and wine!

> Your best beach?

Bondi [in Sydney] is great; otherwise Murrays Beach at Jervis Bay.

1 What's the craziest thing you've done for love?

Ha ha... Participated in Australia's first season of *The Bachelor* [2013] and broke up with 24 ladies in three months to find "The One" on national TV! **Incidentally, Tim and Anna Heinrich – the criminal lawyer he chose – are still together.*

2 What gets you up in the morning?

People follow me for inspiration, not only in love, but for a healthy lifestyle. There's pressure on women to look a certain way, forcing them into fad diets and crazy training programmes that aren't sustainable. So I've just launched The Robards Method, a fitness and nutrition programme.

3 How the hell do you get that Instagram push-up right?

The Superman push-up? With a lot of crashing down on your stomach to begin with! It involves a balance of explosive power and letting go of the fear of faceplanting!

4 What's the best advice you'd give your 18-year-old self?

Back yourself... Always try to expand your comfort zone no matter how shy you are, stay true to yourself and enjoy being able to recover with minimal hangovers, because it gets harder every year!

5 What does a dream weekend involve?

Escaping to somewhere with sun, water and possibly a massage. I love tying in adventure and fitness where I can!



Where would we be if we didn't expect **more**?

When it comes to good things, everyone wants more out of life. To achieve your dreams involves envisioning a better future and then staying invested in achieving more. Ashburton Investments believes in more. It is not just what we do for our investors – but how we do it. Isn't it time you get more?

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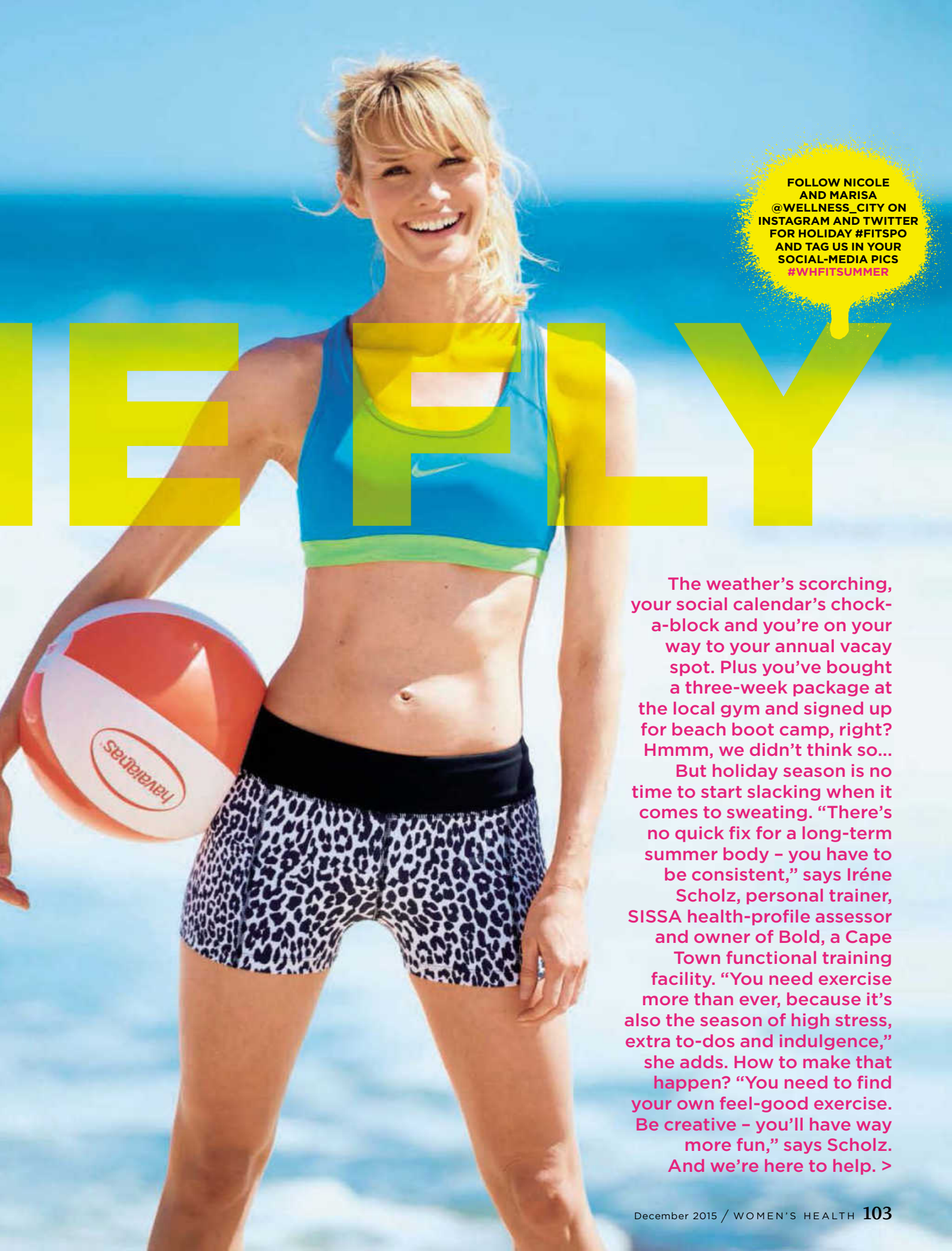
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STAY FIT

MONTH

ALL THAT FESTIVE FOOD'S GOING TO END UP SOMEWHERE... FOLLOW OUR #FITFAM GIRLS MARISA LOGAN TALOTTI AND NICOLE VAN DER SPUY, CREATORS OF BLOG *WELLNESS IN THE CITY*, AS THEY HELP US KEEP AHEAD OF THE HOLIDAY SPREAD!

By Michelle October and Amy Rankin
Photographs by Cameron McDonald

A full-page photograph of a woman with blonde hair, smiling, wearing a blue and green Nike sports bra and leopard-print shorts. She is holding a red and white beach ball. The background is a bright blue sky and ocean.

FOLLOW NICOLE
AND MARISA
@WELLNESS_CITY ON
INSTAGRAM AND TWITTER
FOR HOLIDAY #FITSPO
AND TAG US IN YOUR
SOCIAL-MEDIA PICS
#WHFITSUMMER

IE FLY

The weather's scorching, your social calendar's chock-a-block and you're on your way to your annual vacay spot. Plus you've bought a three-week package at the local gym and signed up for beach boot camp, right? Hmmm, we didn't think so...

But holiday season is no time to start slacking when it comes to sweating. "There's no quick fix for a long-term summer body - you have to be consistent," says Irène

Scholz, personal trainer, SISSA health-profile assessor and owner of Bold, a Cape

Town functional training facility. "You need exercise more than ever, because it's also the season of high stress, extra to-dos and indulgence," she adds. How to make that happen? "You need to find your own feel-good exercise.

Be creative - you'll have way more fun," says Scholz. And we're here to help. >



YOU'RE ALREADY:
Going for a long
walk on the beach
MAKE IT A WORKOUT:
Jog instead!

Ah, the beach; windswept shorelines and turquoise water calling you to strip down and jump in. Besides the view, it's the ultimate training environment. That shifting sand makes for an epic butt workout. Ever played beach bats for an hour? You'll know what we're talking about! "When you're dashing on a soft surface, your body has to lean forward to push off the ground and gain traction," says Lindsey Parry, official Comrades Marathon and National Triathlon coach. The result? Your body mimics uphill running and your glutes get some love. If you're a regular runner and live at the coast, you might want to make beach runs a staple. "The softer surface is great for protecting the joints and muscles from the high forces usually associated with running on the road," says Parry. If the sand is soft, the focus will shift to your calves and glutes. The harder the sand, the more it'll feel like a gravel trail – "these types of beaches can be used for long endurance runs," says Parry.

Hanging at Clifton?

Before heading down to the beach, run up the infamous Biskop Steps three times, then reward yourself with a (very) refreshing dip in the Atlantic.

Best beaches for running in SA!

IN CAPE TOWN

NOORDHOEK BEACH

Escape the tourists (and the city). The beach is over eight kays long and backed by stunning mountain slopes and coastal fynbos.

Crowds: Far less packed than Camps Bay.

Terrain: Soft sand with few to no seashells. Prepare to work that butt.

Accessibility: This is a proper drive out of the city so make a day of it, or do a sunset run.

BIG BAY

Head along the coast to the Northern Suburbs and park at Eden on the Bay to start your run. Keep your phone handy for epic Table Mountain shots.

Crowds: Eden on the Bay is a popular shopping centre, but the beaches themselves aren't too crowded.

Terrain: Soft, clean, long beaches. Preferably head out at low tide.

Accessibility: Eden on the Bay is a 30-minute drive from the CBD, but there are other great beaches to run along en route, starting from the beach at Woodbridge Island in Milnerton (10km from the CBD).

IN DURBAN

DURBAN BEACHFRONT

Called the Golden Mile, the Durban beachfront runs all the way from uShaka Marine World to the Moses Mabhida Stadium. For variety, alternate your workout by renting a bicycle and cruise along the promenade, California-style.

Crowds: Expect holidaymakers by the gazillions – there are plenty of coffee shops and restaurants too.

Terrain: The sand is soft and flat.

Accessibility: The beachfront is alongside the city, so you won't have to go far to get your dose of sun and sea.

CHRISTMAS BAY

A long, quiet beach just 50 minutes from Durban, this place is a perfect retreat.

Crowds: Little to none.

Terrain: No seashells or seaweed, just long stretches of sea sand.

Accessibility: A 15-minute drive from Ballito – this place isn't too far out and it's totally worth a visit.

IN THE EASTERN CAPE

PORT ALFRED

Run from the popular Kelly's Beach to West Beach – have a water, walk the pier – and head back again.

Crowds: Expect masses to thin out as you leave Kelly's Beach in the dust.

Terrain: Smooth, but sloping.

The big dunes are found on East Beach (a quieter running beach) on the other side of the pier.

Accessibility: Central to guesthouses in the area.

JEFFREY'S BAY

Start off at Dolphin's Beach in the town centre and run past world-famous surf spots, like Super Tubes, all the way to Albatross – expect hotties in baggies galore!

Crowds: Popular in summer, so get your butt to the beach early!

Terrain: Flat and long, with smooth sand and occasional rocks.

Accessibility: J-Bay was built around its beaches – you can access this route all along the town.

BEACH BUM WORKOUT

Do this workout, devised by Parry, twice a week. But make sure you slowly incorporate sandy sprints – the extra load on your feet means you could injure them. The dune sprints will add a hefty dose of HIIT, giving you a tighter tush and killer legs to match!

Warm up:

Run on a flat beach for 15 to 20 minutes.

Sprint up a dune as fast as you can. Walk down and sprint up again. Try to get in eight to 10 reps. You'll send your heart rate soaring and torch tons of kilojoules.

Cool down: 15 to 20 minutes of running at an easy pace.



If you're a serious runner, join the Westcoast Beach Run from 11 to 13 December, where you'll run 86km on the beach, over three days. Visit Beachrunning.co.za for more information.

YOU'RE ALREADY:

Chilling by the pool

MAKE IT A WORKOUT:

Jump in and get moving!

Aquarobics? No, it's not a Nineties band. US researchers found that recreational swimmers had more lean muscle and trimmer waists and hips than non-swimmers. Water is nearly 800 times denser than air, so you'll really feel each kick, push and pull. Still not convinced? "The energy cost of a 68kg triathlete running a kilometre is about 290kJ. When swimming that same kilometre, 1 171kJ are expended," explains Lezandr  Wolmarans, a biokineticist at the High Performance Centre at the Sport Science Institute. And it doesn't matter what you do in the water, as long as you're moving. "Just jumping in the pool and moving around against the resistance of the water is a full-body workout," says Wolmarans. >

TOTAL-BODY WATER WORKOUT

Synchronised swimming might have been a fave for Fifties housewives, but they were on to something. Want abs? Practise these SyncFit drills from Sue Manners-Wood, head coach of Barracudas Synchronised Swimming Club. Bonus: they'll give your arms and legs a killer workout too!

Work those lower abs! Try to get your legs to the surface.

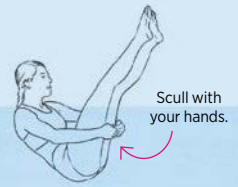


Tub

Start upright. Cup your hands slightly and sweep water from side to side, palms facing down, sculling. Draw your shins towards your body so your feet and knees are on the surface, and "sit" in a tub position. Engage your core and lift your knees and shins slightly off the water. Scull head first across the pool.

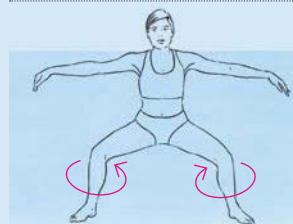
Dolphin kick

Start floating on your back with your hips lifted and core strong. Working from your hips, legs pressed together, arms at your sides, do dolphin kicks across the pool. Make it harder: hold your arms at 90 degrees to your body. Variation: try the same move floating upright in the water.



Pike

Start floating on your back with your hips lifted and core strong. Create a V with your body so your head and feet are at the surface and your hips are close to the bottom of the pool. Cup your hands, engage your core and scull with hands behind your legs so you travel feet first across the pool.



Eggbeater-whip-flutter-kick combo

Start floating upright with legs wide apart. Bend your knees, flex your feet and make a quick, small circle first with one leg then the other – this is the eggbeater. Continue for 30 seconds, then do upright-whip-breaststroke kicks for 30 seconds. End with 30 seconds of flutter-freestyle kicks. Make it harder: keep your wrists out the water.



Want
to tackle the
mountain, but fear
getting lost? For all its

beauty, Table Mountain claims
several lives every year. Hike Table
Mountain offers specialised guiding
services around Table Mountain
and the Cape Peninsula.

Visit Hiketablemountain.co.za
for more info.
#SafetyFirst

YOU'RE ALREADY:
Going for a picnic
MAKE IT A WORKOUT:
Hike to your
picnic spot

Leave the city parks behind and head up into the mountains. Hiking – with backpack in tow – targets your quads, butt, tum and back, says Lisa de Speville, adventure racer and orienteering coach. Hiking also prompts significant cognitive changes in the brain that lead to a boost in creativity, finds a study in *Plos One*. Just don't kill yourself in search of that creativity. "If you're going to be hiking for a long period, go for a trail with a lower elevation," says De Speville. It's important to look up your route before you make the trek and make sure you're properly prepped. Don't forget to pack enough water!



Hiking haunts

ON THE GARDEN ROUTE

NATURE'S VALLEY SALT RIVER MOUTH TRAIL

Venture into the heart of the Tsitsikamma forest... Your starting point? The Nature's Valley tea room. Bonus: the walk leads to a picnic area; alternatively, you can head to the beach.

Terrain: Moderate – there are some rocky parts.

Gradient: Easy.

Accessibility: In the heart of the Tsitsikamma National Park, approximately 65km from Plettenberg Bay.

CRADOCK PEAK TRAIL

Feel like working up a sweat?

This hike (about 20km) is not for sissies. The reward? Breathtaking views!

Terrain: Varied – it can get slippery and steep at times.

Gradient: This is the highest area on the pass, so expect to work hard.

Accessibility: In the Outeniqua Nature Reserve, five kays from George.

AROUND CAPE TOWN

OLIFANTSBOS SHIPWRECK TRAIL

Nautical nut? The Cape of Storms has claimed many ships and you can see these wrecks from three different hiking routes (varied in length), that start and end at Olifantsbos. Picnic when you get back – the baboons may be attracted to your padkos.

Terrain: Expect beach sand and flat gravel.

Gradient: Flat and easy.

Accessibility: Part of the Cape Point Nature Reserve, entry is R110 for adults and R55 for children.

NEWLANDS FOREST TO KIRSTENBOSCH

Traipse through a forest and head towards the Kirstenbosch gardens. If you're lucky you could catch one of the Summer Sunset Concerts.

Go to SANBI.org for the line-up.

Terrain: Dusty and sometimes a bit rocky.

Gradient: Sometimes steep, but there's a descent into Kirstenbosch.

Accessibility: The entire route is pretty close to town.

IN KZN

MONK'S COWL AND CHAMPAGNE CASTLE

Go, go chasing waterfalls! Start at either Monk's Cowl or Champagne Castle and finish at the other – there are tons of routes to choose from.

Terrain: Varied.

Gradient: Expect inclines – most routes are moderate day hikes.

Accessibility: Situated in the Central Drakensberg. Visit Drakensberghiker.co.za for tailor-made hiking trips in the region.

UMHLANGA LAGOON HIKING TRAIL

A beach and a lagoon with a forest in between? Talk about a nature trifecta.

Explore superb coastal forest with ancient trees from boardwalks through the Umhlanga Lagoon Nature Reserve (a bird's paradise). Guided walks are at 9am, 11am and 3pm.

Terrain: Rocky and sandy at times.

Gradient: Easy.

Accessibility: The entrance lies just beyond the Breakers Hotel on Lagoon Drive, which is a mere 20- to 25-minute drive from Durban.

IN THE FREE STATE CLARENS CONSERVANCY KLOOF MOUNTAIN TRAIL

Imagine the insta pic: the Maluti Mountains, blue skies, grass fields and a windmill creeping in on the right. See it for yourself while climbing the picturesque 4.5km trail. There are alternative routes indicated on the summit – just follow the arrows.

Terrain: Varied.

Gradient: There's a 160m climb.

Accessibility: The trail begins at either the tennis courts in Berg Street or at the Kloof gate in Hill Street in Clarens. #VillageLife

BOESMANSKRANS HIKING TRAIL

Keen to see some rock paintings? Head to the Boesmanskrans farm near Fouriesburg for a 10km trail with sweeping views of the valley and cool off in one of the natural water holes.

Terrain: Rocky.

Gradient: Includes ladders and chains for climbing steep sections.

Accessibility: Near Fouriesburg – there is overnight accommodation. Booking is essential (from R120).

Visit Jacanacollection.co.za for more details – they organise hiking trails countrywide. ■

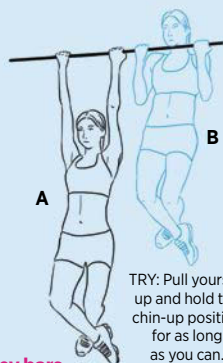
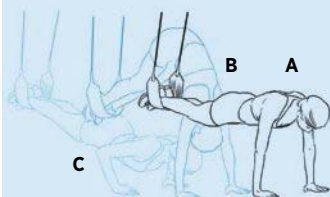
Stuck in Jozi and looking for trails on your doorstep? *Get Gauteng Hikes & Walks (Jacana) by Tim Hartwright, which features detailed descriptions of 60 trails with GPS coordinates, maps and difficulty ratings.*

STAYING IN TOWN?

Mountainous hiking trails can't be found everywhere – let's be honest, Welkom's so flat you can see next week coming. A playground has great kilojoule-crushing tools, like swings and monkey bars. Show the kids who's boss with these moves – and perform them one after another without rest. When you've completed the last move, pause for 60 seconds. Then repeat the circuit twice more.

Swing pike push-up

Get in a plank position with the tops of your feet on the seat of a 30 to 60cm-high swing (A). Press your arms and feet down as you lift your hips towards the sky so your body is in a pike position (B). Lower your hips to the starting position, then immediately sink down into a push-up (C). That's one rep. Do 10.

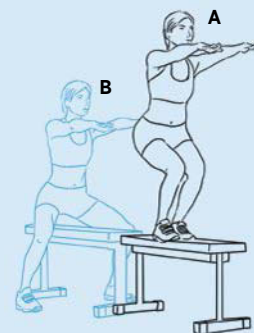
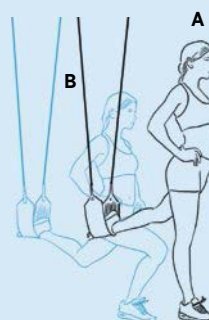


Monkey bars

Jump up and grab a monkey bar with your hands shoulder-width apart and palms facing you. Hang from your bar with your arms straight, your knees slightly bent and your ankles crossed (A). Pull yourself up until your chin passes the bar (B). Lower yourself back to start. That's one rep. Do as many as you can.

Swing lunge

Stand with your back about one large step from a 30 to 60cm-high swing seat. Reach back with your left foot and place your toes on the seat (A). With your arms on your hips, sink into a lunge until your right thigh is parallel to the ground (B). Slowly return to start. That's one rep. Do 10, then repeat with the other leg.



Bench jump

Begin by standing on a 30 to 60cm-high backless park bench with your knees slightly bent and your arms straight out in front of you at shoulder height (A). Jump down so you're straddling the bench. Jump back onto the bench, landing with your feet together (B). That's one rep. Do as many as you can in 20 seconds.

The new-season trends to make sure all eyes are on you, all holiday long

SUMMER BEAUTY UPGRADES

BY CHARLOTTE JOLLY AND ANJA JOUBERT



I HELP! MY NEON NAILS NEVER LAST!

“EASILY SORTED,” SAYS ROMY PFAFF, CAPE TOWN DIRECTOR OF SPARKLE NAIL ACADEMY, A NAIL EDUCATION FACILITY. “WE LOVE NEON NAILS THAT POP IN SUMMER!” (TRY MORGAN TAYLOR NAIL LACQUER IN WATT YEL-LOOKIN AT, R123.) TO GET THE BRIGHTEST COLOUR POSSIBLE, FIRST APPLY A THIN COAT OF WHITE NAIL POLISH TO LIFT THE NEON, THEN MAKE IT LAST LONGER WITH A SLICK OF TOP COAT, SHE ADDS. TRY MORGAN TAYLOR MATTES A WRAP TOP COAT (R156).

Defining your lines

Half a day in the heat and you look like the love child of Donatella Versace and a Shar-Pei. Don't freak – it might be dehydration lines. "Wrinkles tend to form on the forehead and around the eyes and mouth while dehydration lines crop up in other areas," says celeb skincare therapist Jocelyn Petroni. Here, ways to fight them:

2 Slather on Jasmonic acid – it's proven to smooth the appearance of wrinkles. Find it in Kiehl's Super Multi-Corrective Cream (R835 for 50ml).

3 Drink water at room temperature as it's absorbed faster into your system than ice-cold H₂O. It takes at least 1.6 litres a day for your skin to benefit.

4 "Plump these fine lines with a lightweight oil that's infused with anti-ageing actives," says Karen du Plooy, education manager for Clinique South Africa. Mix it with a moisturiser or add it on top of your moisturiser to "seal in" everything you've applied and add radiance, she adds. A great combo? Clinique Smart Treatment Oil (R695) plus Clinique Smart Custom-Repair Moisturiser SPF 15 (R780).

5 Boost post-sun hydration

"Use a cleansing wipe to remove any dirt, debris or leftover sunscreen before popping on your after-sun repair cream or body moisturiser," says Emma Hobson, education manager for The International Dermal Institute. "This will help to maximise absorption and allow antioxidants to prevent future sun damage." Try Dermalogica Precleanse Wipes (R250) and Garnier Ambre Solaire Sensitive Advanced Aftersun (R80, Clicks).



6 Beware SPF blind spots

Dermatologist Kirsten Young pinpoints easy-to-miss risk areas. Clarins UV Plus Anti-Pollution Day Screen SPF 50 (R395) ticks all the boxes to help you avoid the burn:



7

YOUR HAIR PARTING

One of the most painful braai mistakes you can make. Avoid with a solid SPF and apply with a cotton bud for precision.

8

YOUR EYELIDS

Even though the percentage is low, melanomas have been found to occur around the eyelid area. Make sure that doesn't happen to you.

9

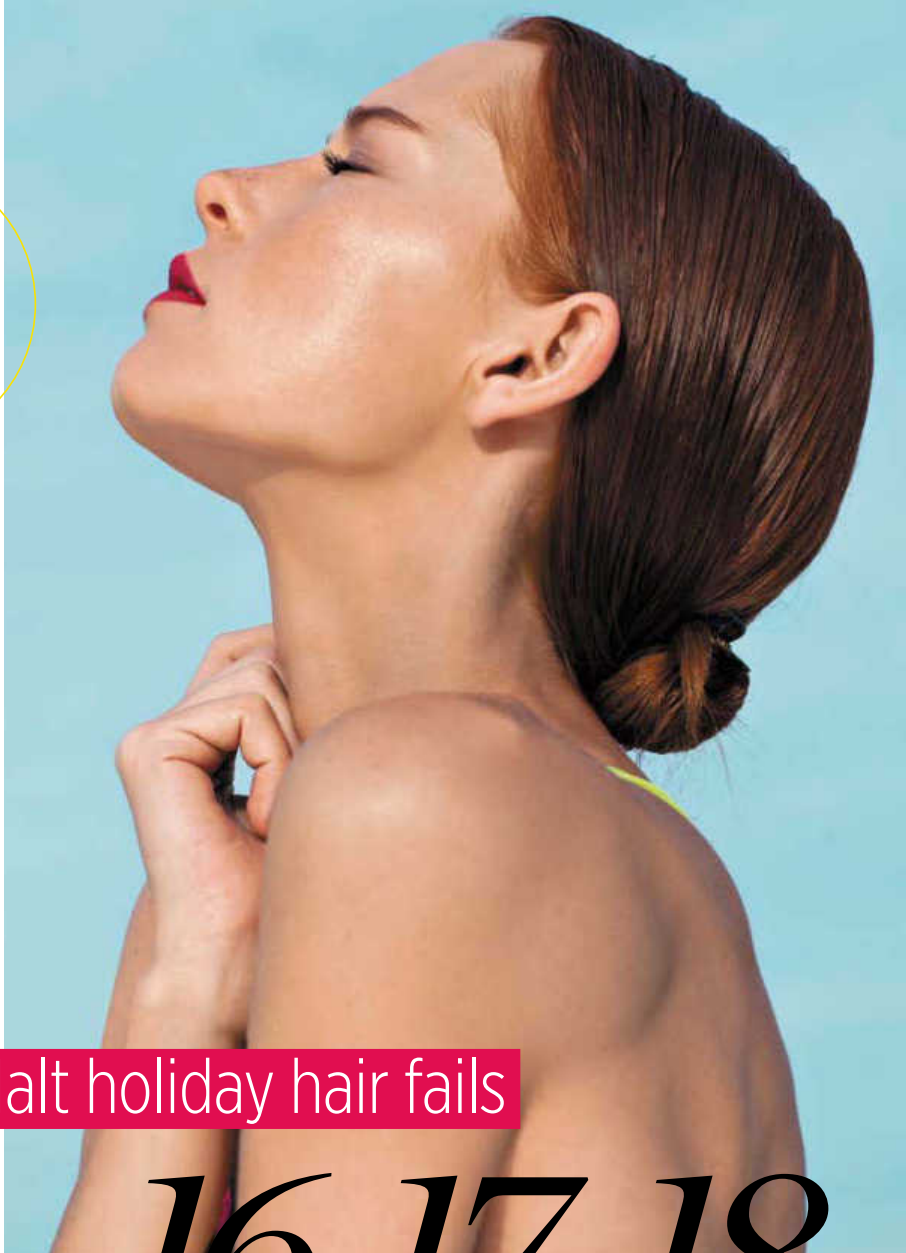
TOP OF YOUR EARS

This is a common place to develop skin cancer. Find a sunscreen that will be easily absorbed into all those tiny creases.

10

UNDER YOUR NAILS

A polish habit could make melanoma hard to spot. Protect them by rubbing sunscreen right in around your nails.



Your top sensational switch

11 THINK FOUNDATION IS YOUR ESSENTIAL SUMMER UPDATE? LOOK TO YOUR EYES INSTEAD. METALLIC HUES SCREAM SUMMER – LIGHT-CATCHING PARTICLES ENHANCE THE INTENSITY OF YOUR IRIS. DISCOVER YOUR PERFECT EYE-POPPING SHADOW:

12 HAZEL EYES

GREEN WILL BRING OUT THE AMBER TONES IN HAZEL EYES. TRY **CLARINS OMBRE IRIDÉSCENT EYESHADOW** IN 02 AQUATIC GREEN (R270).

13 BLUE EYES

GIVE BABY BLUES ZING WITH A BRIGHT ORANGE SHADE SUCH AS **ESSENCE 3D EYESHADOW** IN 01 IRRESISTIBLE FOX-TROTT (R54).

14 DARK-BROWN EYES

EARTHY HUES LIKE BRONZE MAKE CHOCOLATE EYES SMOULDER. WE LOVE **RIMMEL MAGNIF'EYES MONO EYESHADOW** IN BRONZE MAGNATE (R70).

15 GREEN EYES

BURGUNDY TONES ENHANCE THE VIVIDNESS OF GREEN PEEPERS. TRY **BOBBI BROWN SEQUIN EYE SHADOW** (R495).

Halt holiday hair fails

16 17 18

#fail You just got the perfect shade of red. It's now orange.

#win "Red is a hard colour to retain," says Shelene Shaer, co-owner of Tanaz Hair. She advises that you wear a hat in the sun and, if you're a water baby, douse your locks with tap water and pop on a hair mask. "We often take our clients a shade darker in summer, so when it fades, it doesn't look bad," says Shaer.

#fail Your beach-babe waves look less Gisele and more scarecrow.

#win Products are more potent in the sun because the heat makes them penetrate deeper – that's why you need one that promotes shine and protects against the sun's rays. Try **L'Oréal Professionnel Série Expert Colour 10 in 1** (R283), which takes care of that, no matter what your hair type.



#fail Your blonde locks are looking distinctly brassy.

#win Be your own hair alchemist: crush two 500mg vitamin C tablets, mix with half a glass of warm water and apply to your hair 10 minutes before washing. "The ascorbic acid blitzes the copper tones in your hair's cuticles to lighten the colour," says hairstylist Paul Edmonds.

Introducing the new shade of summer: rose gold

19 Rose gold has made the leap from jewellery box to beauty shelf. This colour flatters both cool and warm skin tones, plus summer's brighter sunlight makes its fine metallic particles shimmer, illuminating skin and blurring imperfections. Yep, this is love.

20 Sweep Chanel Jouvances Contraste Lumière Highlighting Blush in 12 Coups de Minuit (R605) over cheekbones for a flattering flush.

21 La Mer even has limited-edition rose-gold packaging for their Crème De La Mer Moisturizing Cream (R3 450).

22 Cheat a fuller pout with a light, rosy shade. Try L'Oréal Paris Collection Exclusive Pinks by Naomi Lipstick (R155).



It's time for your wax...

23 24 25

WH Crack waxing... How awkward? Burckhardt

Look, we're really not fazed by much, but it's probably better if you shower beforehand. And lie face-down. Yes, you're holding your own bum cheeks, but it's the quickest angle for us and less painful for you.

Hair removal superstar, Svetlana Burckhardt, will set you at ease around this prickly subject

WH What if you're a wuss when it comes to pain? Burckhardt

Don't wax if your bikini line is burnt and skip the flat white pre-appointment. Coffee is a stimulant and will make your experience more uncomfortable than it needs to be.

WH And if you're flying out the next day - too late for a Brazilian? Burckhardt

Don't plan to defuzz right before travelling, since sitting in one place for really long periods (read: no air there) can be less than comfy. It also takes at least eight hours for hair follicles to close after a wax - you don't want sea salt in those open pores - so give yourself 24 hours before you hit Mauritius. ■

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OF THE SUN

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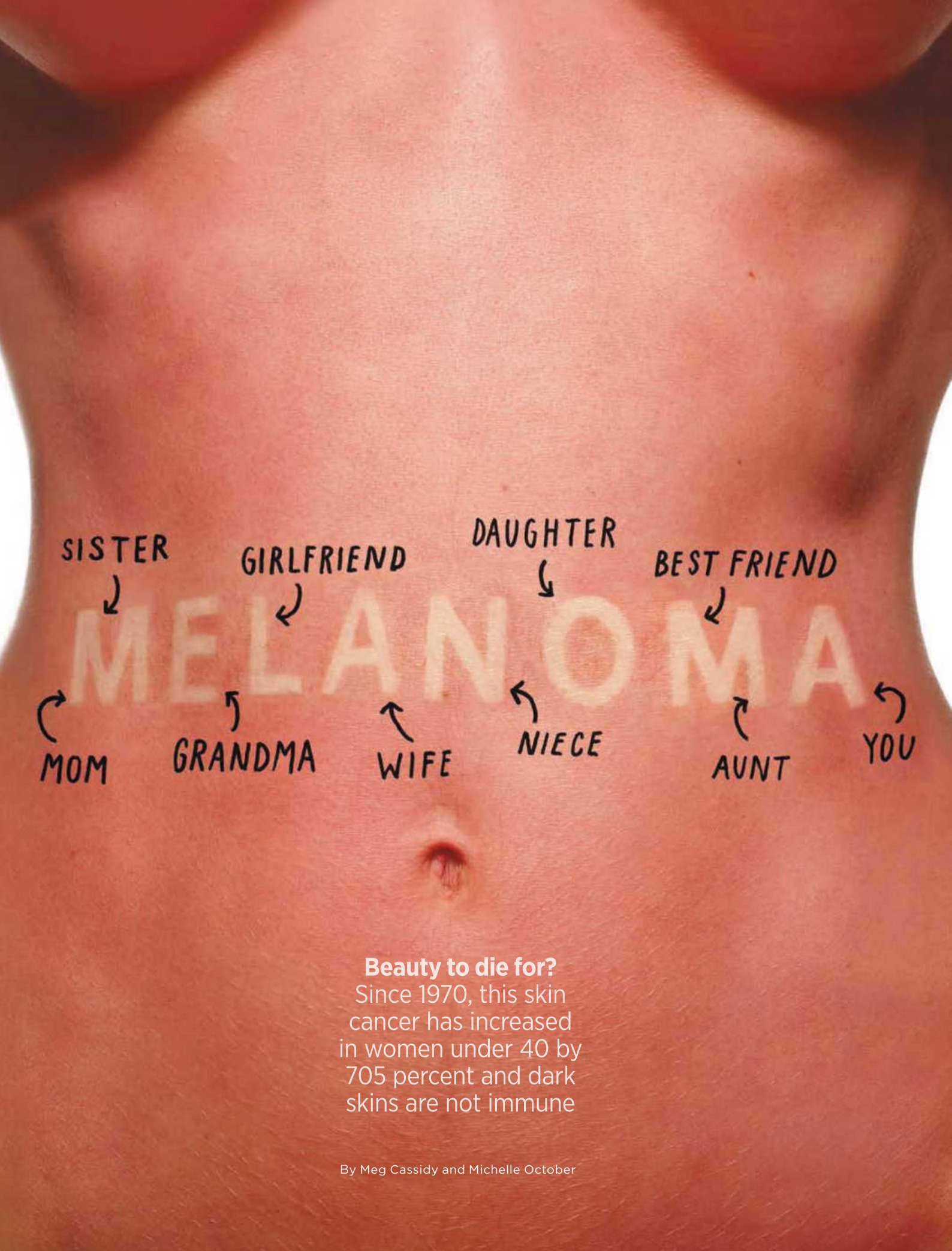
CANSA endorses all sunscreens with an SPF20 to SPF50, assuring effective protection for the whole family.



Y&R1164334B_E

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WIFE

BEST FRIEND
↓
↑
NIECE

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AUNT

↑
YOU

Beauty to die for?

Since 1970, this skin cancer has increased in women under 40 by 705 percent and dark skins are not immune

By Meg Cassidy and Michelle October

It was Tricia Thompson's hairstylist who first spotted a dark brown mole behind her ear. "I didn't think much of it," says Tricia, who was 32 at the time. "I went to the dermatologist and she froze it off." But a year later, the same hairstylist saw that the mole had grown back and this time it was a greenish-blue colour.

Tricia made an appointment with a different dermatologist, who took a biopsy of the mole. It was melanoma, the most serious of all skin cancers. Best possible scenario: Tricia would end up with a disfiguring scar. Worst case: the melanoma would kill her.

"I worked at an indoor tanning salon during high school and varsity," she says. "I tanned an average of two or three times a week from the time I was about 14 until I was 21. I remember there was a waiver everyone had to sign, but that was just protocol. Nobody ever sat down to talk about the dangers of indoor tanning, so I didn't really think about them.

"And then I was 34, thinking, *Who's going to take care of my dog? Should I sell my house so my family doesn't have to worry about things if I don't make it through this?*"

Tricia had surgery to remove the melanoma – and the top quarter of her ear – a couple of weeks after her diagnosis. Her doctor did reconstructive surgery to replace the part of her ear he had to remove, but at her six-month follow-up appointment, the melanoma

had returned. She had to have another surgery, this time to remove about a third of her earlobe.

US research suggests melanoma is a growing epidemic among younger women, thanks mainly to our obsession with tanning. But while, for the average woman, tanned skin equals healthy glow (running, surfing, all those healthy outdoorsy activities, right?), the scary reality is that it leaves you susceptible to getting cancer.

Last year, the Skin Cancer Foundation revealed that South Africa now has the highest rate of melanoma in the world, surpassing sunny Australia. Alarming, since it's the most dangerous form of skin cancer, according to information published by the Cancer Association of South Africa. "The consequences of melanoma are dire and it's

taken very seriously. It's one of the cancers that can have a very poor prognosis," says Dr Yashmita Laloo, a specialist dermatologist for the Skin Cancer Foundation. Unlike its sister skin cancers, melanoma spreads rapidly through the lymph and blood system to other major organs, like the brain. If detected too late, it's a rapidly progressing, fatal disease, says the South African Melanoma Advisory Board. Yet come holiday season, women willingly offer their exposed skin to the harsh SA sun.

ANATOMY OF A DEATH RAY

South Africa is gifted with 2 500 hours of sunshine a year on average – great for solar energy, not so much for your skin. Sunlight bounces off hard surfaces like concrete and filters through cloud cover on even the most overcast days. And those beams of light contain an array of substances, foremost among them dangerous ultraviolet (UV) radiation that hits the earth in three wavelengths labelled A, B and C.

In 2009, the International Agency for Research and Cancer classified the whole UV-spectrum as carcinogenic (cancer-causing) to humans. "With regard to the ultraviolet spectrum, usually all the UVC and most of the UVB rays are blocked by the ozone layer and just a fraction comes through,

but most of the UVA reaches the surface," says Laloo. So the role of UVA in skin cancer is more prominent than ever.

Ever been sunburnt? Thrice? That's enough for you to develop melanoma, says the Skin Cancer Foundation. And if you're dark-skinned, you're not immune. "All skin types can develop any subtype of melanoma," warns Laloo. When it comes to sunburn, UVA is pegged as the biggest culprit: "The thing about UVA is that one's immunity can be suppressed," says Laloo. For your skin, this spells major trouble – it's your number one protective organ. If you damage it, you're left unprotected and your risk of developing melanoma skyrockets.

That's not all – overexposure to the sun leaves your body's barrier vulnerable to DNA mutation and damages your body's cell integrity too. What this means: premature ageing, wrinkles, cataracts and, yes, skin cancer.

SLAVE TO THE RAYS

You'd think the risk would put women off tanning, but startling new research shows that women might be addicted to the tan – even without the sun. In a study, tanners had a sharp increase in endorphins, our feel-good hormones that keep us coming back for more. "Tanners report mood enhancement, relaxation and socialisation with indoor tanning in a manner consistent with reinforcement patterns found in smoking addiction," says Miriam Kravitz in a study for the Dermatology Nurse's Association.

And when addicted women don't venture into the light for a while, studies find they suffer withdrawal symptoms. In some cases, not even cancer is a deterrent. "Those [skin-cancer patients] who failed to comply [with sunscreen usage] did not feel that skin cancer was a sufficiently serious problem to warrant giving up the tan that made them feel good," writes Dr Caroline Koblenzer

Lie ▶ Black skins are less likely to develop cancer.

THE TRUTH: Melanin, the pigment that makes your skin darker, has the dual purpose of protecting your skin from sun damage – but UV damage can still occur, no matter your skin tone. **People of colour are still at a high risk for squamous cell carcinoma (SCC), the second most common skin cancer.** Cover up with a broad-spectrum SPF – and check for irregular moles and lesions.

in her paper on the psychology of tanning. Sadly, they're dangerously mistaken.

Dermatologist Dr Deborah Sarnoff says: "A lot of people think you can just cut out the skin cancer and you'll be fine. But I'd invite those people to watch a skin cancer surgery, when you see layer by layer of, say, someone's nose disappearing."

FAKE THE BAKE

The dangers of the sun are increasingly well known. At school, where there's a higher risk for sunburn, children are being taught to apply sunscreen and be "sun smart" – but a larger part of the melanoma problem, namely tanning beds, remains relatively undiscussed in South Africa. "There are no documented statistics on tanning beds and melanoma in South Africa," says Dr Sze Wai Chan from the Sandton Oncology Centre in Joburg.

The result: blissful ignorance.

In a survey of *Women's Health* readers, 29 percent said they thought tanning beds were healthier than being in the sun. In fact, many women hit the sunbed at the start of summer to get a "base tan" before baring all at the pool. The logic? It'll protect against sunburn. Yet tanning beds are a concentrated form of the worst of the sun's rays, consisting of 95 percent damaging, DNA-mutating UVA rays.

Besides, the supposed logic of a base tan doesn't actually hold up at all. "A tan results from injury to the skin's DNA; the skin darkens in an imperfect attempt to prevent further DNA damage," explains Lalloo. "Seeking a base tan and then going on a beach holiday only increases the potential exposure and damage caused by UVA and UVB."

Sunbeds are marketed otherwise, though. The website

Lie ▶ Getting a "base tan" is a healthy way to protect your skin from sun damage.

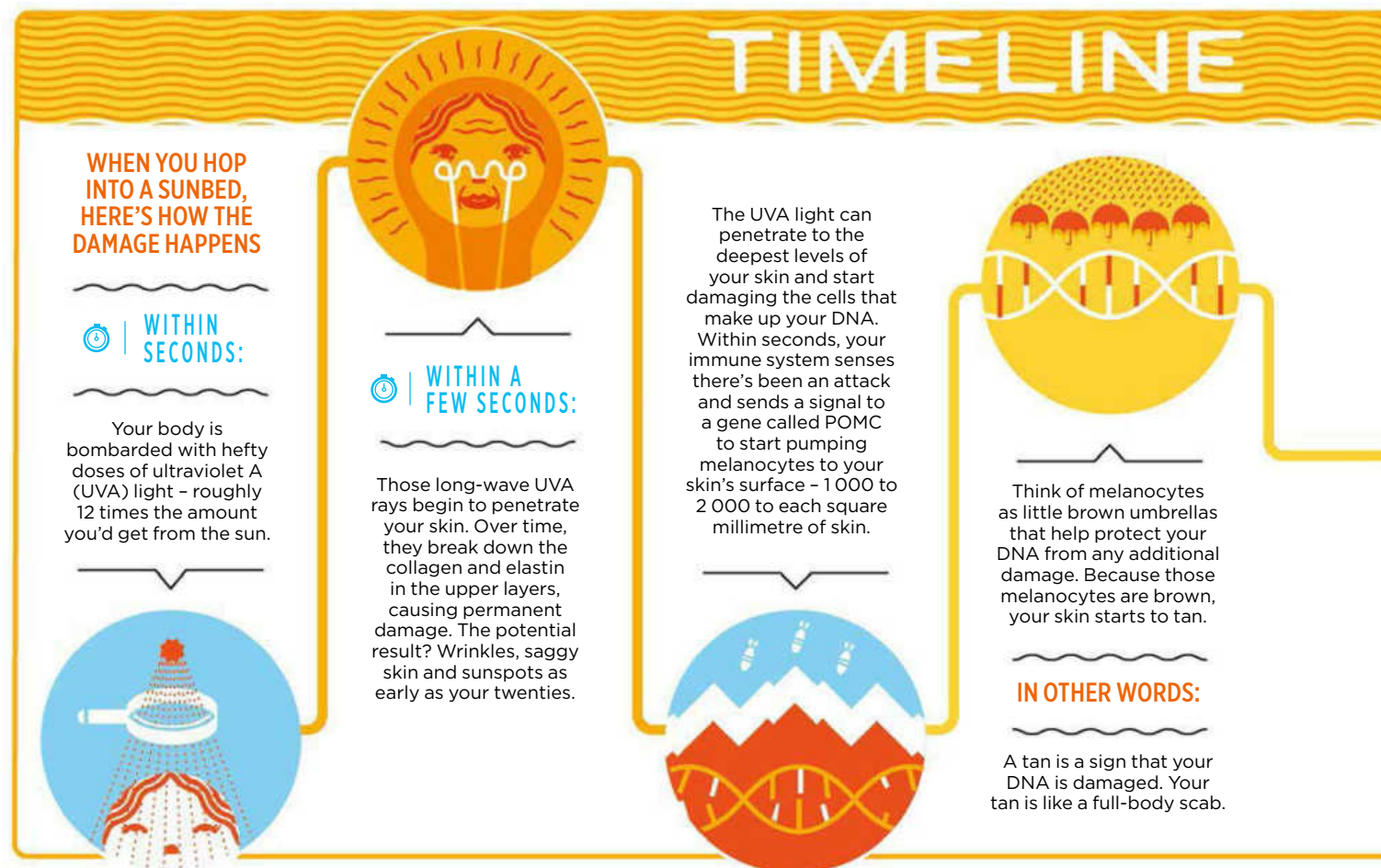
BELIEVERS: Thirty-six percent of WH respondents thought this statement was true.

THE TRUTH: There's no such thing as a safe "base" tan, says dermatologist surgeon Dr Jerry Brewer. "Patients always ask me, 'How much tan is okay for me?' and the answer, no matter your skin tone, is 'No amount of tan is healthy.'" That's because any level of tan means the DNA in the deep layers of your skin has been damaged and your body is trying to protect itself from more damage.

of one popular tanning salon claims to be a safer alternative: "Since tanning beds filter out the UVC light, you'll get the healthiest forms of UV light." The truth? UVC rays don't find their way to earth anyway. And, more importantly, there's no such thing as healthy UV light.

Unfortunately legislating and regulating tanning beds is harder than it looks. "Because randomised controlled trials involving harmful UV exposure of human subjects would be neither possible nor ethical, the tanning industry continues to claim that there's a lack of conclusive evidence that indoor tanning is a cancer-provoking activity," says Kravitz.

South Africa has managed to curtail a significant sector of tanners: teenage girls. Research shows that tanning before the age of 35 ups your risk of developing cancer by 75 percent. There's a lot of anecdotal evidence that



grade 12 learners hit the tanning bed ahead of their matric dance, says Prof Michael Herbst, national head of health for CANSA. So CANSA campaigned for the Department of Health to ban the use of tanning beds by children under the age of 18. Hopefully the legislation will be approved before the end of the year. As for your own well-being, avoid sunbeds and make sure your sunscreen measures up. "We're almost in an era where doctors house prescription sunscreens because they block UVA, UVB and infrared rays and also contain antioxidants," says Lalloo. By adding antioxidants to your sunscreen, you're increasing the potency or efficacy of the sunscreen. In the meantime, speak to your dermatologist about the most effective sunscreen for your lifestyle – or look for the CANSA seal of approval on the bottle. ■

Tan In A Bottle

The bronzy-beautiful skin you want – no UV required!



AUSTRALIAN GOLD INSTANT SUNLESS SPRAY, R320 for 177ml at Clicks

An oil-free formula, this baby gives you all of the goodness, none of the grease. Bonus – it's enriched with vitamin C and aloe vera!



CARIBBEAN TAN TAN IN A CAN INSTANT, R100 at Clicks and Dis-Chem

Spray onto skin for an instant, deep tan that develops over eight hours, no streaks. Amaze!



VITA LIBERATA TRYSTAL MINERALS IN SUNKISSED,

R895 for 99g at Vitaliberata.co.za
Forget streaks and unsightly stained fingers – this mineral bronzer interacts with your moisturiser or liquid foundation to tan the skin.



FAKE BAKE PERFECTION WASH OFF, R327 for 170ml, Alila.co.za

All Fake Bake products are enriched with vitamin D, so no need to step outside. This one's super-easy to wash off.

TAKE
A CLOSE
LOOK

Check your skin regularly and get changes checked out asap – most skin cancers are found not by doctors, but by patients themselves

MOLES Follow the ABCDEs: if your mole is asymmetrical, the border is uneven, it's more than one colour, the diameter is larger than an ordinary pencil and it evolves in shape, colour or form, get it checked out.

HANDS AND FEET
Acral lentiginous melanoma (ALM) is prevalent in dark-skinned people and isn't related to sun damage, but is a deadly form of melanoma. Check for non-healing black or brown lesions under your nails or on your feet or hands.

OF A TAN

AT THE SAME TIME:

The POMC gene prompts endorphins to start pumping through your body – so about five minutes into your indoor tanning session you start to feel great. Like, runner's-high great.



UVB rays have likely fried the upper layers of your skin.

THIS CAUSES REDNESS, BURNING AND MAYBE EVEN STINGING.

WITHIN HOURS AND THE DAYS FOLLOWING:

Your cells start turning over and replicating, and the new ones take over from the old damaged cells in your DNA. But when those cells replicate, little mistakes happen.



Those mistakes lead to cell mutations. When mutations happen in the squamous cells, it can lead to squamous-cell carcinoma; if they're in the basal cells, you could be in for a basal-cell carcinoma diagnosis. And if the mutations happen in the melanocytes?

MELANOMA.

Kick-



I've always wanted to elevate women to the top of the world – Thierry Mugler

This year, the iconic original Thierry Mugler Alien fragrance celebrates its tenth birthday. Alien Eau de Parfum is an amber-woody-floral creation, born of the overdose of two powerful notes, amber and cashmeran wood, and illuminated by a solar flower, jasmine sambac. Alien Eau Extraordinaire EDT builds on the base notes of Alien, adding citrus notes like bergamot, as well as the soft femininity of tiaré flower. The result: a soft, radiant, sun-kissed scent for a woman wanting a positive, beaming aura.

EACH HAMPER INCLUDES:

- 1 x Alien EDP 60ml Refillable
- 1 x Alien EDP 90ml Eco Refill
- 1 x Alien Eau Extraordinaire EDT 90ml Refillable
- 1 x Alien Eau Extraordinaire EDT 90ml Eco Refill

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IG TH NI

You've worked hard
all year, now flaunt that
hot bod! Legs and all...

(From left)

Sorima: Sequin dress, R999, *The Lot*; cocktail ring, R2 280, *Jbjd.co.za*

Henrico: Shirt, R499, *Trenery*; suit jacket, R3 599, trousers, R1 399, and tie, R399, all *Fabiani*

Charissa: Jumpsuit, R1 299, *Forever New*; earrings, R1 240, *Black Betty*; stacked rings, R170, *Colette Hayman*; clutch, R499, *Mango*

Kaci: Bra top, R339, *Topshop*; lace top, R379, and tassel pleather skirt, R659, both *Zara*; earrings, R440, *Black Betty*; stacked rings, R100, *Woolworths*; clutch, R140, *Colette Hayman*

Toyin: Shirt, R799, tux jacket, R3 299, and trousers, R1 799, all *Trenery*

NITE FIGHT

BY MARI GROENEWALD PHOTOGRAPHS BY NADIA VON SCOTT

WOW FACTOR

Be brave. Ear cuffs are big news and make a big statement, while still being affordable. Bonus.



DRESS IT UP Make that LBD work for you. Flat-chested? A graphic, high neckline will show



Kaci: Lace dress, R1 699, *Forever New*; ear cuff, R349, *Accessorize*

Toyin: black shirt, R350, *Woolworths*; tux jacket, R3 299, and trousers, R1 799, both *Trener*

Charissa: Bodycon dress, R1 100, *Guess* at *Stuttafords*; stacked rings, R499, *Accessorize*; rings (set of two), R199, *Mango*; earrings, R1 990, *Kirsten Goss*; cuff, R150, *Lovisa*



UP IN ARMS

Got a post-sweat breakout? Still working off those bingo wings? Sheer fabric is a fab, but subtle cover-up.

Henrico: Shirt, R499, *Trener*; suit jacket, R3 599, and tie, R399, both *Fabiani*

Kaci: Dress, R659, *Zara*; 18ct-gold Bomba ring with diamonds, R30 405, and 18ct-white-gold Pazia ring, R13 186, *PakaPaka.com*

Sorima: Silk cami, R699, *Mango*; sequin jacket, R1 299, *Ronald Sassoon*

off beautiful sculpted arms. Quad queen? A lace overlay makes a knee-length dress as sexy as a micro-mini.





Charissa: Fringe bodysuit, R499, *Sissy Boy*; earrings, R199, *Mango*; studio.w cuff, R150, *Woolworths*; stacked rings, R349, *Accessorize*; spiral cuff, R150, *Lovisa*; (LH index finger) cocktail ring, R499, *Accessorize*; (LH ring finger) onyx ring, R7 250, *Black Betty*

BLING IT ON Your LBD works like a blank canvas, allowing for extra sparkle. So don't be shy with the rings, cuffs, earrings and necklaces.



Sorima: Sequin dress, R999, *The Lot*; beetle eternity ring, R665, cluster beetle ring, R1 765, organic zirconia eternity ring, R2 855, *Annarosholt.com*; heels, R699, *Zoom*

Kaci: Tassel pleather skirt, R659, *Zara*; stacked rings, R100, *Woolworths*; clutch, R140, *Colette Hayman*; studio.w heels, R799, *Woolworths*

Charissa: Jumpsuit, R1 299, *Forever New*; stacked rings, R170, *Colette Hayman*; clutch, R499, *Mango*; heels, R599, *Zoom* at *Spree.co.za*

HEM AND HAW Don't know where to draw the line? Show off those pins! Tassels offer subtle covering. Or suit up with ankle-cropped trousers.



TO THE MAX

Maxi dresses aren't just for garden parties – you can wear them to the club (crew optional) too. They're flattering for built muscles and good for hiding uncomfortable mid-sections. Keep the long skirt sheer with a slit and the neckline low to offer glimpses of skin.

Charissa: Dress, R1 300, Michaelmavenonline.com; 14ct-gold Sugarbush Triple Cascading earrings with diamonds, from R109 613, Pakapaka.com; double ring with chain, R99, Jewels and Lace at Spree.co.za

Toyin: Shirt, R799, tux jacket, R3 299, and trousers, R1 799, all Trenery

Sorima: Dress, R2 200, MarethColleen; earrings, R100, Lovisa; 18ct-rose-gold Savannah Caro ring with diamonds, R58 212, Pakapaka.com; heels, R2 790, Clarks





PREDICTIVE TEXTURE

Step out of the cotton and say hello to lace, brocade, leather, sequins and satin.

Charissa: Lace dress, R859, *Zara*; spiral earrings, R660, *Black Betty*; stacked rings, R170, *Lovisa*; clutch, R399, *Accessorize*

Sorima: Lace bodysuit, R3 899, *Jets Swimwear*; saten pants, R659, *Label Femme at Label Collections*; earrings, R2 490, *Kirsten Goss*; rings, R169, *Accessorize*

Casi: Brocade dress, R1 999, *Mari and Me*; leather jacket, R1 199, *Guess*; clutch, R299, *Queue*

WHEN YOU GONNA RING IT?

Charissa: Sequin dress, R999, *The Lot*; earrings, R440, *Black Betty*; stacked ring set, R349, *Accessorize*; cocktail ring, R499, *Accessorize*; onyx ring, R7 250, *Black Betty*

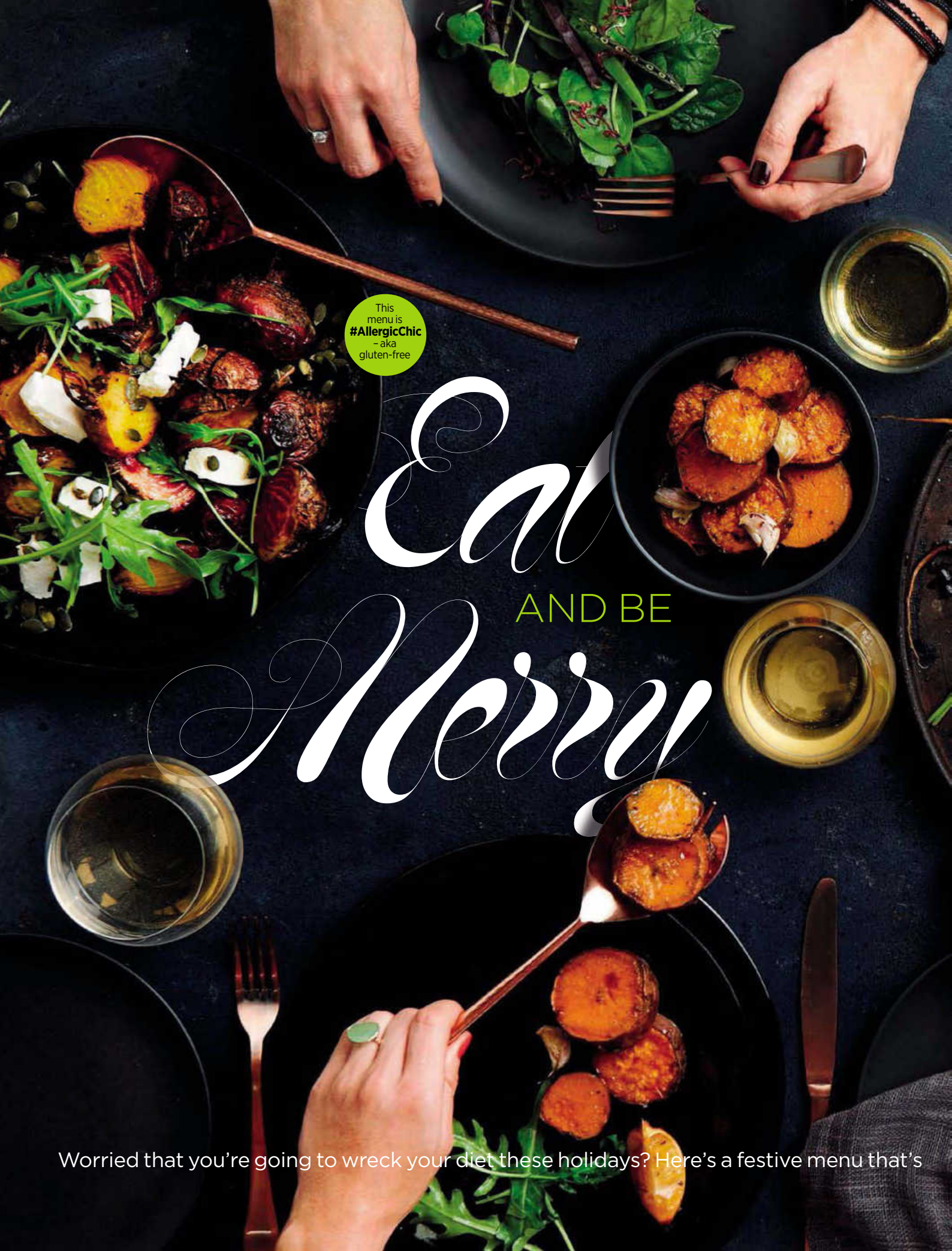
Sorima: Dress, R200, *Mr Price*; earrings, R100, and stacked rings, R190, all *Lovisa*; spiral ring, R139, *Topshop*



WORDS: AMY RANKIN; NADIA VON SCOTT/ONE LEAGUE; HAIR AND MAKE-UP: NADIA KAI/SUPERNOVA AND DIANA ASHERSON/ONE LEAGUE; MODELS: CHARISSA/ICE, SORIMA/MAX, KACI/FUSION, HENRICO/FULL CIRCLE AND TOYIN/ICE

Can't choose which bands to don? Then don't. Use them all. Mix up minimal bands with statement pieces. Just leave one to two fingers per hand free, for comfort.





This
menu is
#AllergicChic
- aka
gluten-free

Eat AND BE Merry

Worried that you're going to wreck your diet these holidays? Here's a festive menu that's



gorgeously indulgent, but good for your health and waistline too...

BY AMY RANKIN / PHOTOGRAPHS BY MICKY HOYLE



Packed with beta-carotene and vitamin A, orange-flesh sweet potatoes are way more nutrient-rich than your staple roasting potato.

Roast sweet potatoes

1kg orange-flesh sweet potatoes, skin on
2 cups vegetable stock
5 cloves garlic
Sea salt
Freshly ground black pepper
1 tbsp extra-virgin olive oil

1/ Heat oven to 200°C.

2/ Slice the sweet potatoes into two- to three-centimetre-thick slices and place in a roasting tray with the stock. Smash the garlic cloves and add them to the tray. Season and cook for 40 to 50 minutes, or until potatoes are cooked through.

3/ Pour off the stock liquid. Drizzle olive oil over the potatoes and place back into the oven for a further 10 minutes; then serve.

SERVES 8. Per serving: 502kJ, 2g fat (0g sat), 23g carbs, 850mg sodium, 4g fibre, 3g protein

Chardonnay and lemon lamb

1.7kg to 2kg
leg of lamb
2 lemons
Sea salt
Freshly ground
black pepper
1 garlic bulb
1 handful
rosemary
12 baby onions,
peeled and
halved
200ml wooded
Chardonnay
1 tbsp extra-virgin
olive oil

1/ Heat oven to 200°C.

2/ Arrange the baby onions on the base of a large roasting tray and place the lamb on top. Squeeze the juice of the lemons over the lamb. Sprinkle salt and pepper over and rub into the lamb.

3/ Slice the garlic bulb in half crossways and place an intact half in the roasting tray. Remove cloves from the other half and push them into crevices in the lamb.

4/ Push some of the rosemary sticks into the crevices and place the rest on top. Pour the Chardonnay over the lamb then grate some lemon zest over and place the lemon quarters in the tray as well. Drizzle the olive oil over the lamb.

5/ Cover the tray with foil and place in the oven for 90 minutes without peeking. Remove the foil and place the roasting dish back in the oven for a further 15 to 30 minutes, so that the top of the lamb gets crispy and golden.

6/ Remove from the oven and allow lamb to rest for 10 minutes. In the meantime, pour the juices into a saucepan set over high heat and reduce the liquid. Slice and serve the lamb with onions and sauce.

SERVES 8. Per serving: 1755kJ, 12g fat (5g sat), 22g carbs, 190mg sodium, 0g fibre, 51g protein

Note: boneless leg of lamb cooks faster than bone-in leg of lamb, because the bone acts as an insulator.

Roast baby beetroot

250g baby beetroot
250g baby golden beetroot
2 tbsp extra-virgin olive oil
Sea salt
Freshly ground black pepper
2 handfuls wild rocket
100g slimmer's choice feta (optional)
¼ cup pumpkin seeds, roughly chopped

1/ Heat oven to 200°C.

2/ Scrub the beetroot lightly, then halve crossways, keeping the skin and stems on. Place them in two separate ovenproof dishes to make sure the colours don't run, or just keep them separate in a large dish. Drizzle olive oil over, season and bake for 40 minutes or until cooked through.

3/ Serve with rocket, feta (or leave out for dairy-free) and pumpkin seeds.

SERVES 8. Per serving: 502kJ, 8g fat (2g sat), 7g carbs, 220mg sodium, 2g fibre, 5g protein

Beetroot helps boost your immune system and is an excellent source of folic acid, fibre and potassium. I love these gorgeous golden beets, which you can find at Woolworths and selected Spar stores.

Orange and honey rainbow carrots

600g rainbow carrots
1 orange
1 tbsp honey
1 tbsp extra-virgin olive oil
Sea salt
Freshly ground black pepper

1/ Place carrots in a griddle pan set over medium-high heat.

2/ Juice the orange and pour it over the carrots, adding a little zest. Drizzle the honey and olive oil over the carrots and season to taste. Cook for 10 minutes, stirring occasionally (the carrots must still retain a crunch). Serve with the orange sauce.

SERVES 8. Per serving: 250kJ, 2g fat (0g sat), 12g carbs, 60mg sodium, 3g fibre, 1g protein



These purple, orange and white antioxidant-rich veggies add that wow-factor to a table setting and each has its own flavour. If you can't find them, orange baby carrots will do.



I found a beautiful fynbos vinegar at Tap & Cork in Franschhoek, which I drizzled over this salad with some olive oil, salt and pepper, but you can also use regular balsamic vinegar.



Pea shoots are in season, but if you can't find them, add mixed sprouts instead. You want to create a variety of crunchy textures.

Baby spinach and sprout salad

100g baby spinach
50g watercress
125g mangetout
2 handfuls bean sprouts
1 handful pea shoots
1 handful onion sprouts

1/ Place baby spinach and watercress in a large bowl.

2/ Slice mangetout into three strips lengthways and toss into the salad.

3/ Scatter shoots and sprouts over salad and serve.

SERVES 8. Per serving: 84kJ,
0g fat, 4g carbs, 35mg
sodium, 1g fibre, 1g protein

Bubbly and strawberry jellies

600g fresh strawberries
100g xylitol
6 sheets gelatin
750ml Méthode Cap Classique or sparkling wine

1/ Wash and slice the strawberries into five-millimetre-thick slices. Set aside (the better-looking) half for decorating later.

2/ Place the xylitol and 100ml of water in a saucepan over a medium heat. Stir until the xylitol has dissolved, then add half the strawberry slices. Bring the water to a boil and boil for five minutes without stirring. The syrup will turn a beautiful reddish colour.

3/ Remove the saucepan from the heat. Place a sieve over a bowl and pour the contents of the saucepan through the sieve. Allow the syrup to drip through into the bowl without pressing down on the solids. Remove the solids and set aside for another use (mix them into yoghurt or add them to a smoothie).

4/ Fill a bowl with cold water and soak the gelatin sheets in the water to soften, then add the sheets to the strawberry syrup and mix to melt.

5/ Pour the syrup into a large jug. Add the bottle of bubbly and stir a few times to mix.

6/ Divide the reserved strawberries among eight Champagne flutes and top with the bubbly mixture. The strawberries will float to the top. Cover with cling wrap and place in the fridge overnight to set.

SERVES 8. Per serving: 543kJ, 0g fat, 21g carbs, 0mg sodium, 1g fibre, 2g protein

This recipe must be made one day in advance. Use Graham Beck Brut Zero for a bubbly super-low in sugar at 2.9g or any other Brut Natural.

We love that strawberries (high in vitamin C) are in season, but you can mix this recipe up by using fresh raspberries, kiwi fruit, gooseberries or pitted cherries for decorating.



ARE YOU
BORN
TO
CHEAT?

The number of women who admit to doing the dirty has increased by 40 percent in the past 20 years. But is modern life the cause or merely an opportunity? WH looks for the definitive answer to infidelity's nature vs nurture debate...

BY KATE GRAHAM

It was the ultimate love rat – or should we say, love vole – story. The Jude Law of the animal world. Until science stepped in. One gene-altering brain injection and the Don Juan rodent fell in love. It was 2004 and the world had just taken one giant step closer to discovering the monogamy gene, thanks to neuroscientist Dr Larry Young and his vole.



Today, 92 percent of us want to be faithful, but only 83 percent of us are managing it. Men are almost twice as likely to do the dirty as women (22 percent compared with 12 percent) and one-fifth of cheaters admit that they do it regularly. It seems that we love to love, but are drawn to cheat. And Dr Young's voles are only part of the story.

In the decades since his groundbreaking study, the men and women in white coats have dug deeper into our DNA, discovering genes, brain wiring and hormones that encourage some of us to stray. But there's more to this story than a dodgy double helix. A cocktail of social changes is now interacting with physiological factors, pushing us even further away from fidelity. We're living in the age of the perfect cheating storm.

ALL IN THE GENES?

Blaming biology for a wandering eye seems like the ultimate "dog ate my homework" excuse – my genes made me do it. But they *do* play a part.

In 2008, Swedish researcher Hasse Walum looked at how genes impact relationships. His findings were fascinating. "He took DNA samples from 552 men and asked them detailed questions about their relationships," explains Dr Helen Fisher, biological anthropologist and human behaviour researcher. "Men with no copies of the specific gene – allele 334 – had very stable relationships, while men with one copy had less stable relationships and men with two copies had the least stable relationships."

We're too busy being aroused by the content of our apps to bother initiating nookie with whoever may be lying next to us

Sadly, you can't drag your potential Mr Right down to the pharmacy for an allele 334 test, yet (although we may be able to in the future), says neuropsychiatrist Louann Brizendine, author of *The Female Brain*. And there isn't a genetic equivalent for women. "That doesn't mean there isn't one," she says. "We just haven't found it yet!"

But we do already know that men and women work similarly: studies of twins separated at birth have shown that if one twin is unfaithful, the other has a higher rate of infidelity – and this rule is true for both sexes. Meanwhile, in a recent US study, a variation of the gene DRD4, called 7R+, was linked to promiscuous behaviour in both men and women.

"Not everyone with this genotype will have one-night stands or commit adultery," explains researcher Justin Garcia. "The study merely suggests that a much higher proportion of those with this genetic type are likely to engage in these behaviours."

No study has yet found the genetic smoking gun, the one definitive switch or trigger that makes some men Lotharios and others loyal Labradors. But together these studies show how some of us have DNA drivers that push us closer to cheating. The genes we're born with lay the foundation for infidelity.

HUMPING HORMONES

Upon these genetic foundations sit the building blocks of modern life: those burning stars of circumstance that align to create an infidelity black hole and the other side of the cheating story. Of course, our hectic, stressed, always-connected-but-more-alone-than-ever lives create more opportunity for us to cheat than ever before. Our very definition of cheating has been altered – an Ashley Madison or secret Tinder profile, stealth sexting... But concurrently, these circumstances do more than just provide occasion, they're actually rewiring our biological and neural pathways, leaving us more prone to succumbing to temptation. "First, there's oxytocin, shown to facilitate bonding between mating pairs of animals," says neuroeconomist Paul Zak, author of *The Moral Molecule: The Source of Love and Prosperity*. Oxytocin is built up by touching, hugging and kissing – a shedload of it is pumped out after sex – and high levels are great at keeping us faithful. "In a study of more than 1 000 men and women, it was the two percent who didn't release enough oxytocin who had trouble in their relationships and racked up more sexual partners."

But life today? Not so great for our O levels. First, that very modern breed of stress – the chronic, cortisol-pumping type that never gets the chance to result in either fighting or fleeing – is partly responsible for plummeting levels, zapping your stores faster than you can say, "Sex is a stress reliever, you know." Meanwhile, our growing fondness of personal space also plays a part. "Millions of years ago, we were surrounded by, and touched by, lots of people every day. We even slept in rows, so our levels were always topped up. Modern life is pretty lonely. Around 50 percent of people over 21 live alone, far from their families. They're probably not getting the local daily touching and contact that our forebears would have," says Zak. >

REPEAT STIMULATION

Fear not, there is good news. The key to keeping your O levels topped up is simple: "Have regular sex," says Zak. "The sex you had last month doesn't help. The brain is lazy; if you're not maintaining oxytocin levels over time, the emotional bond starts to fade because the physiological bond has gotten weaker."

The minor hitch: apparently we're having less sex than ever before. An in-vogue theory as to why our sex drives are shifting into neutral comes in the form of our tech obsession; that we're too busy being aroused by the content of our apps to bother initiating nookie with whoever may be lying next to us.

Perhaps. But there is a more certain consequence to this scenario and it relates to the neurotransmitter dopamine, the hormone that happens to create the racing-heart, still-fancy-you-after-all-this-time passion that helps keep a relationship afloat.

In *Thrilled to Death: How the Endless Pursuit of Pleasure is Leaving Us Numb*, Dr Archibald Hart explains that being peppered with tweets, Facebook updates and Snapchat has overloaded the pleasure centres in our brains, creating a numbness that's driving us to seek bigger and better dopamine thrills in our lives and relationships. He says: "We're losing our ability to gain pleasure from normally pleasurable experiences." Just as porn has been shown to desensitise men to "real" sex, so constant overstimulation is pushing many of us to find even healthy relationships boring. We seek pleasure in riskier behaviours, including affairs.

And the constant overstimulations have turned us into a nation of impatient, sex-crazed toddlers with three-quarters of millennials agreeing that they want instant gratification (and they want it now!). The sweet mundanity of that long-term partnership not sexy enough? Screw the long-term and get your temporary kicks from a night with someone else. Right?

CHEMICAL REACTIONS

Still, the story runs deeper, right down to the hormonal keystones, which make women women, and men men. Studies, including one published in the *Journal of Personality and Social Psychology*, have shown that men with high testosterone levels are more likely to be unfaithful, whereas for women, oestrogen seems to be the cheating catalyst – high levels of the oestrogenic compound, oestradiol, have been linked to high rates of infidelity.

It's a peculiarly current problem. It turns out that modern lifestyle factors are sending our oestrogen levels soaring. The adipose tissue in our expanding waistlines converts other hormones into oestrogen, the contraceptive Pill floods our systems with yet more of it, and, yes, the post-work slew of cocktails makes a difference too – even moderate alcohol intake is associated with heightened oestrogen levels. "The oestrogen-removal process in the liver can break the oestrogen down, but if your lifestyle dictates high levels of external toxins, then your liver is put under added pressure and can often fall behind," explains pharmacist Rita Arora. Of course, it's not that simple. But it's part of the bigger picture, another pulling force in the maelstrom of modern infidelity.

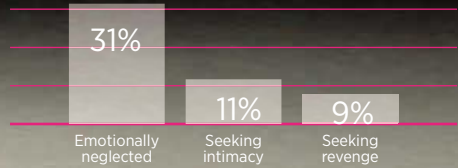
The good news is that there are relatively doable strategies to cheat-proof your relationship, even if genetics and life are writing a far more complicated script for you. "There are three things that we know from brain scans that are linked to long-term happy relationships," says Fisher. "The first is the area for empathy, the second is the region controlling your emotions, and the third is what we call 'positive illusions', a brain region that enables you to overlook the negative and focus on the positive." Work on all three areas, she says, and you really will reduce the chances of infidelity.

And for all that the labs full of Casanova voles, cheating twins and oestrogen-sodden mice can teach us, one thing is sure – opportunity is the final piece of the puzzle. Want to safeguard yourself from your own biology? Don't end up drunk in a hotel room with that colleague you've always had a crush on. Delete that online dating profile that you've never bothered deactivating because, well, sometimes it's just fun to look. It's almost scientific surety that if you can, you will. Make sure you *can't*. ■

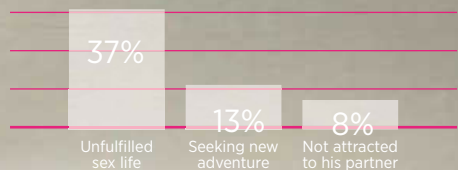


CHEAT THE SYSTEM: INFIDELITY IN NUMBERS

WOMEN CHEAT BECAUSE...



MEN CHEAT BECAUSE...



HIGHEST INFIDELITY CAREERS (WOMEN)



14.9%
Housewife



14.4%
Teacher



7.1%
Director

HIGHEST INFIDELITY CAREERS (MEN)



12.2%
CEO



11.8%
Marketing



7.5%
Doctor

16%

of women would
leave their partner
if they could.

51%

of affairs had
by females last
for over three
months.

52%

of cheating men are
in love with their
affair partner.

78%

of men think it's unrealistic to
be faithful to just one partner.

Where To Buy

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Puma 021 551 0832

Q

Queue 021 531 5450

R

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Replay 021 418 8507
Revlon 011 971 0800
Rimmel 0800 463 446
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Showspace
072 567 8777
Sissy Boy 021 506 4600
Smashbox at Woolworths
0860 022 002
Stuttafords
011 879 1000
Swatch Group
011 669 0630

T

Ted Baker 011 450 1156
The Lot 021 424 0182
Thierry Mugler
011 809 6300
Topshop 011 685 7070
Totalsports
021 938 7666
Trenery 0860 022 002

W

Woolworths
0860 022 002

Y

Yardley 021 507 8500

Z

Zara 011 302 1500

Fringe gilet, R349, *The Lot*; skirt, R779, *River Island*; necklace, R249, *Mango*; cuff, R170, *Colette Hayman*; studded leather jacket, R10 000, *Replay*



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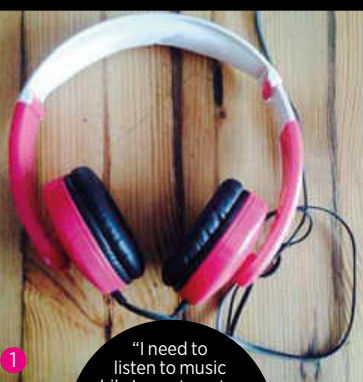


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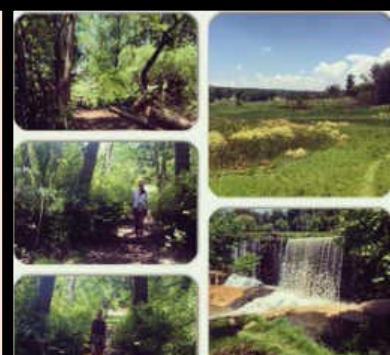
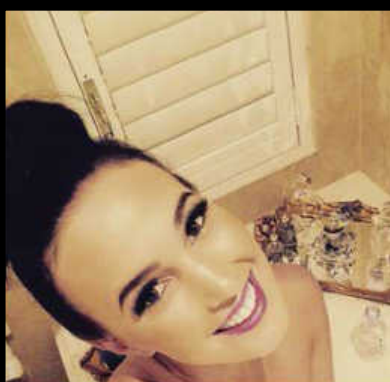


Das Auto.

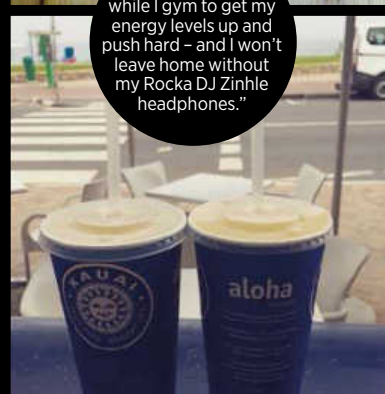


1

"I need to listen to music while I gym to get my energy levels up and push hard – and I won't leave home without my Rocka DJ Zinhle headphones."



So many reasons to get inspired here



2

"I love to soak up the sun in summer at the Vaal River, wakeboarding and skurfing – it's like surfing but it's behind the boat with its wake."



"Khosi Nkosi clothing just fits me perfectly. My ultimate dress from them is the blue dress I wore to the Sansui Summer Cup."

What's In Tamerin Jardine's Workout Bag?

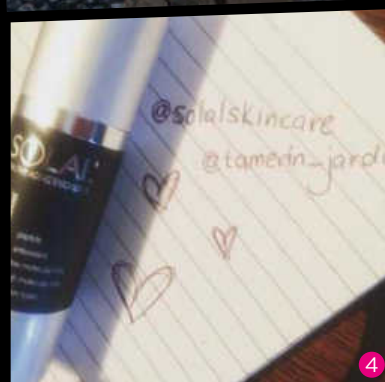
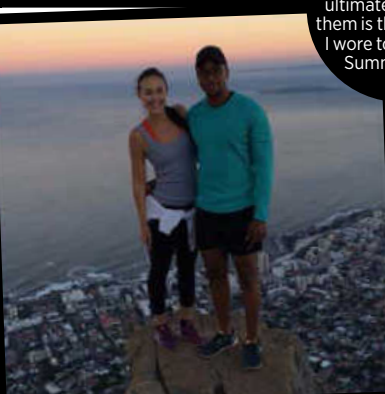


As a Barking Mad Foundation ambassador and an avid green queen, Tamerin Jardine is a socialite with a conscience. Born in Joburg, she spent her youth growing up on a farm in Zimbabwe, which only augmented her love for animals. "It's such an integral part of who I am," she says. "Being an earth-lover and being green helps not only future generations, but animals too." And when she's not cuddling with her furry friends or co-hosting "The Ladies' Round Table" on CliffCentral, she's likely strutting the runway for Khosi Nkosi, an Afrocentric fashion brand that's all about the #BossLadies. And she's the perfect fit – Tamerin's got a law degree, but she's just not into office life. "I'm very free-spirited," she says, when we asked why she's not practising. "I love working in random locations and giving back," she adds. Boss lady indeed.

STEAL HER LOOK: 1/ Rocka DJ Zinhle headphones, R349, Musica 2/ Air Max sneakers, R2 100, Nike 3/ Davines Melu Hair Shield, R460 for 250ml, Carlton Hair salons 4/ Solal C-Serum, R299, Dis-Chem



3



4



"Can't decide... Am I having a purple or an orange kind of day? #gym #gymlife #Kappa"



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WITH ADDED TOLERASE™ L FOR OPTIMAL DIGESTIBILITY

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TRY OUR NEW AMAZING FLAVOUR WHEYTELLA

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COOKIES & CREAM

**100% PREMIUM MULTI-SOURCE PROTEIN FOR
COMPLETE MUSCLE RECOVERY AND GAINS**

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CARA DELEVINGNE SPECIAL EDITION

Cara Delevingne challenges rules. Being free-minded is her motto. Like TAG Heuer, she defies conventions and never cracks under pressure.